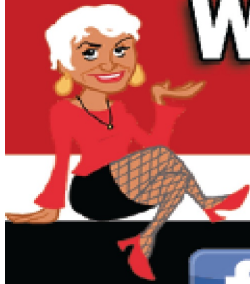


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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## GREEK ISLAND CHICKEN

Advanced Lifestyle

### Ingredients

- 1 TBS olive oil
- 4 boneless, skinless chicken breast halves
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 oz. mushrooms, sliced
- 1 cup dry white wine or nonalcoholic wine
- 1 jar (8 oz.) marinated artichoke hearts, drained
- 1/3 cup coarsely chopped dry-pack sun-dried tomatoes
- 1/4 cup pitted Greek olives, halved
- 1 TSP lemon-pepper seasoning
- 1 TSP honey
- 1/4 TSP Morton's Lite salt
- 1/2 TSP dried oregano
- 1/2 TSP ground cinnamon
- 1/2 cup (2-1/2 oz.) crumbled feta cheese
- 4 lemon wedges or slices

### Instructions

1. Warm oil in a large nonstick skillet over medium-high heat. Add chicken and cook 5 minutes on each side, or until browned. Remove to a plate.
2. Reduce heat to medium and add onion and garlic to the same skillet. Cook 5 minutes, or until onion is tender.
3. Stir in mushrooms. Cook 10 minutes, or until mushrooms render their juices.
4. Add wine, artichokes, tomatoes, olives, lemon-pepper seasoning, honey, salt, oregano, cinnamon and chicken. Reduce heat to low, cover and cook 15 minutes.
5. Uncover and cook 5 minutes, or until sauce thickens slightly and a thermometer inserted in thickest portion registers 160° and juices run clear. Sprinkle with cheese. Serve with lemon for squeezing.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 chicken breast, 1/4 of the mixture = 1 P, 1 V, 1/2 M, 1/2 FT