

1211 North Main • Logan • UT • 84321 435.752.9220 • 888.GADGET9 www.luvtocook.com

a kitchen store with so much more

Recipes from <u>Slow & Easy</u> by Natalie Haughton. Published by John Wiley & Sons, Hoboken, NJ. Copyright 2009. Reprinted with permission of the publisher. All rights reserved.

Mediterranean Chicken with Artichokes, Mushrooms, and Sun-Dried Tomatoes

(Makes 5 to 6 servings)

White wine and sun-dried tomatoes are two sophisticated ingredients that turn skinless, boneless chicken breasts into an elegant dish that's good enough for company. Because mushrooms have a tendency to darken as they stand after cooking, this dish is best served the day it is made. Accompany with rice or noodles and a salad of baby field greens.

2 pounds skinless, boneless chicken breast halves

3/4 cup dry white wine

3 tablespoons cornstarch

1 teaspoon dried basil

1/2 teaspoon freshly ground black pepper

1 can (14.5 ounces) diced tomatoes

1 package (12 ounces) frozen artichoke hearts, thawed and drained,

or a can (13.75 ounces) artichoke hearts, rinsed, drained, and halved

8 ounces fresh cremini mushrooms, thickly sliced

1 medium onion, chopped

1/4 cup julienne slices, oil-packed sun-dried tomatoes

3 tablespoons drained capers

Salt

1. Pat the chicken breasts dry with paper towels. Trim off any visible fat.

2. In a medium bowl, stir together the wine, cornstarch, basil, pepper, and tomatoes with their juices until well mixed. Transfer to a 5-quart electric slow cooker.

3. Stir in the artichokes, mushroom slices, onion, sun-dried tomatoes, and capers until well mixed. Place the chicken breasts on top and gently push them down to submerge them partway in the sauce mixture. Spoon some of the sauce up and over the chicken.

4. Cover and cook on the high heat setting for 2-3/4 or 3 hours, or on the low heat setting for about 5 to 5-1/2 hours, stirring once halfway through the cooking time, if possible, until the chicken is cooked through and the sauce is thickened. Stir after the cooking is completed. Season with salt to taste.