

Artichoke Chicken Skillet

with Zucchini, Squash & Mushrooms



Nutrition Facts

Serving Size 1 Each (245g)
Serving Per Container: 1

Amount Per Serving		% Daily Values*	
Calories	290	Calories from Fat 170	
Total Fat	19g		29%
Saturated Fat	3.5g		17%
Trans Fat	0		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	10g		
Cholesterol	80mg		26%
Sodium	490mg		20%
Total Carbohydrate	11g		4%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	22g		
Vitamin A 10%		•	Vitamin C 40%
Calcium 4%		•	Iron 35%
Vitamin E 0%		•	Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

Total Fat	Less than	65g	30g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

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Ingredients:

- 1 medium yellow onion, diced small
- 3 garlic cloves, sliced
- 1 1/2 cup sliced mushrooms
- 3/4 cup zucchini, diced large
- 3/4 cup yellow squash, diced large
- 1 cup artichoke hearts, quartered
- 10 oz cooked chicken
- 1/4 cup extra virgin olive oil
- 1 lemon, juiced
- 1/4 cup flat leaf parsley, chopped

Directions:

Heat a large, heavy-bottomed skillet over medium high heat. Add half of the olive oil, then the onions and garlic. Season with salt and pepper. Stir and toss the onions and garlic until very fragrant and translucent, about 5 to 7 minutes. Add the mushrooms, zucchini, and squash and season again with salt and pepper. Place a lid on the skillet and lower the heat to medium low for about 1 minute, allowing steam to soften the zucchini, squash, and mushrooms. Remove the lid, raise the heat to high, and add the chicken and artichokes. Cook for about 2 to 3 minutes, allowing most of the residual liquid to evaporate. Remove from the heat and add the lemon juice and remaining olive oil.