

Artichoke Lemon Chicken



PREP TIME:
15 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- [Prepare Fast Baked Chicken In Oven](#) (click on link for recipe)
- 2 TBSP Olive Oil
- ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- 4 Teaspoons Organic Corn Starch
- ¼ Cup Coconut Milk (or Coconut Creamer (I used So Delicious Coconut Creamer))
- 3 TBSP Fresh Squeezed Lemon Juice
- 1 14.5 oz Can Quartered Artichoke Hearts (non-BPA lined)
- 1 Cup Organic Chicken or Vegetable Broth
- 12 oz. Chickpea or Gluten Free Noodles (I used al dente plant based pasta)

Instructions:

1. Prepare fast baked chicken as shown in above link.
2. While that is cooking, in large/deep frying pan – heat the olive oil on medium heat.
3. In a small to medium sized bowl, whisk coconut milk, lemon juice, and cornstarch.
4. Add broth to pan and allow to heat on high – cook until reduced by half – about 5 minutes.
5. Add the cream mixture to the pan, allowing to cook and thicken – be sure to continue whisking. Should take about 2-3 minutes until thickens.
6. Add salt, garlic powder, and artichokes to pan. Stir until combined.
7. Add chicken to pan and let simmer on low 1-2 minutes allowing sauce to thicken.
8. Let sit 5 minutes before serving. Slice chicken and serve over favorite gluten free noodles.

***Try and use all organic ingredients if possible.**