

Lemon Artichoke Chicken

- 1 cup chicken broth
- 2 tablespoons flour
- 3 tablespoons olive oil, divided
- 1 1/2 teaspoons lemon zest
- 2 tablespoons fresh lemon juice, divided
- 1 teaspoon garlic powder
- 4 (6-ounce) boneless, skinless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup thinly sliced shallot
- 1 tablespoon chopped fresh rosemary
- 2 ounces pancetta, finely chopped
- 1 tablespoon chopped garlic
- 1/2 cup dry sherry
- 1 (15-ounce) can quartered artichoke hearts
- 4 teaspoons chopped fresh flat leaf parsley, divided

Combine chicken broth and flour, stirring with a whisk, set aside. Whisk together 1 tablespoon of the oil, lemon zest, 4 teaspoons of lemon juice and garlic powder. Place chicken in a zip top bag and pour the lemon mixture in, close and massage to distribute marinade around chicken. Let stand for 30 minutes. Heat another 1 tablespoon of oil in a large skillet. Remove chicken from marinade and place in skillet. Sprinkle with salt and pepper. Cook for 5 minutes on each side or until just done. Remove to a platter. Add the remaining 1 tablespoon of oil to the pan. Add shallots, rosemary and pancetta. Cook for 3 minutes or until shallots are tender. Add garlic and cook for 30 seconds. Add sherry to pan and cook until liquid almost evaporates, scraping any bits off the bottom of the pan. Stir in the chicken broth mixture and artichokes. Cook until mixture thickens slightly. Stir in remaining 2 teaspoons lemon juice and 2 teaspoons of parsley. If sauce is too thick, add a little water. Add the chicken back to the pan and coat with sauce. Sprinkle with remaining 2 teaspoons parsley.