

# FoodSense *with Chef Feker*

## Chef Feker's Chicken Scaloppini with Cannelloni Beans, Sun-dried Tomatoes and Artichokes

### Ingredients

4, 8-oz chicken breasts  
2 Tbsps kalamata olives, pitted and chopped  
4 Tbsps extra virgin olive oil  
4 oz sun-dried tomatoes in oil, 4 Tbsps oil reserved and tomatoes chopped  
4 oz artichoke hearts in oil, 4 Tbsps oil reserved and artichokes sliced  
2 Tbsps pine nuts  
1 clove garlic, finely chopped  
1/2 tsp red pepper flakes  
6 oz canned cannelloni beans, drained and rinsed  
1 oz fresh lemon juice  
1/4 cup white wine  
1 cup chicken stock  
½ cup fresh basil, coarsely chopped and loosely packed  
3 ½ oz Feta cheese, crumbled (about ½ cup)  
Sea salt, to taste  
White pepper, to taste  
2 oz butter  
½ cup all-purpose flour for dredging

### Directions

Heat a medium-sized pan on high. Meanwhile, dredge chicken in flour and season with salt and pepper.

Add extra virgin olive oil, sun-dried tomato oil and artichoke oil to the pan. Sear chicken in oil two breasts at a time, 1 minute per side.

Remove chicken, then add the following in this order: garlic and red pepper flakes first, lemon juice next, cook for 1 minute, then add the wine and reduce by half. Then add all other ingredients except the Feta and pine nuts, and sauté until the liquid reaches a boil.

Immediately return chicken to the liquid, reduce temperature and let simmer until chicken is cooked through.

Add butter and wait till butter is melted mix and serve. Crumble the feta on top and sprinkle the pine nuts.



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