

Lemon Artichoke Chicken and Penne

1 pound boneless chicken breasts	1 jar capers, drained and rinsed
3 tablespoons GF flour (sorghum)	1 jar pitted kalimata olives, drained
salt and pepper	1 bag frozen artichoke hearts
1 teaspoon dried basil	½ pound GF penne
2 tablespoons grapeseed oil	Locatelli Grated Pecorino Romano Cheese
1 cup white wine	Feta cheese (sheep's milk)
2 cups GF chicken broth	GF breadcrumbs
juice of half a lemon	1 tablespoon olive oil

Cut the chicken -- about 2 large breasts -- into 2 x 1/2 inch strips. Dredge in flour seasoned with salt, pepper, and basil.

Pour the grapeseed oil in a deep, heavy frying pan and heat over medium high heat. Working in batches fry the chicken until fully cooked and browned on both sides. Remove the chicken to a plate.

Deglaze the pan with a cup of white wine scraping up all the browned bits. Reduce the liquid by half.

Add the chicken stock and simmer until it is reduced by about a third. Add the juice from 1/2 lemon and season with salt and pepper.

Make the penne while you're waiting for the sauce to reduce. Boil it a few minutes short of being done (so if it is supposed to boil for 9 minutes reduce the time to 6 minutes). Drain, reserving 1 cup of the pasta water.

Add the penne to the sauce and mix in. Add the artichokes (cut into quarters). Simmer, stirring frequently, for 2 minutes. If the sauce boils down add some of the pasta water about ¼ cup at a time to keep things moist. Add the chicken pieces and heat another minute.

Pour the mixture into a large ovenproof serving dish. Stir in the drained olives and capers.

Sprinkle the pasta with a few tablespoons each of Locatelli Grated Pecorino Romano Cheese and Feta. Top with the GF breadcrumbs and drizzle with olive oil. Place under the broiler for a few minutes until the top is golden brown.