

Garlic Chicken with Artichokes

12 garlic cloves, minced
1 medium onion, chopped
1 Tbsp. olive oil
1 8-9 oz package artichoke hearts, frozen
1 red sweet pepper, cut into strips
1/2 cup chicken broth
1 Tbsp. tapioca, quick cooking
2 tsp. dried rosemary, crushed
1 tsp. lemon peel, finely shredded
1/2 tsp. ground black pepper
1 1/2 pounds skinless, boneless chicken breast
4 cups hot cooked brown rice

In a small skillet, cook garlic and onion in hot oil over medium heat, stirring occasionally, about 5 minutes or until tender. In a 4 quart crockery cooker, combine the frozen artichoke hearts, garlic mixture, sweet pepper, chicken broth, tapioca, rosemary, lemon peel and black pepper. Add chicken; spoon some of the garlic mixture over the chicken. Cover and cook on low-heat setting for 6-7 hours or on high heat setting for 3-3/4 hours. Serve with rice. Makes 6 servings.

Nutrition information per serving: 341 calories; 32 grams protein; 6 grams fat; 39 grams carbohydrate; 159 mg sodium