

Gluten-Free, Oil-Free Lemon Artichoke Chicken Over Rice

Ingredients

- 4 boneless chicken cutlets (very thinly sliced, about 4 oz each)
- 2 large lemons, zested and juiced (about 1/3 cup juice)
- 1 capful Plant Derived Minerals (mix with lemon juice)
- 12 oz jar marinated artichoke hearts, drained and rinsed
- 1/4 cup Bob's Red Mill Gluten-Free 1-to-1 Baking Flour (or King Arthur Measure-for-Measure as another option)
- 1 tsp Better Than Bouillon (concentrated chicken stock)
- 1/2 cup hot water
- 2 tbsp unsalted butter or dairy-free butter substitute
- 1 tsp Redmond Real Salt (natural mineral-rich sea salt)
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tbsp chopped fresh parsley (or to taste)
- 2–3 cups cooked rice (white, brown, or jasmine)

Instructions

- Zest lemons, then juice (about 1/3 cup). Stir 1 capful Plant Derived Minerals directly into the lemon juice and set aside.
- In a large ziplock bag, combine GF flour, salt, pepper, and garlic powder. Shake well.
- Add chicken cutlets one at a time, coat with flour mixture, shake off excess.
- Heat a large skillet over medium-high heat. Add butter (no oil needed).
- Sear chicken 2–3 minutes per side until lightly golden.
- Stir Better Than Bouillon into hot water, mix well.
- Reduce heat to medium-low. Add broth, artichokes, lemon juice + minerals mixture, and lemon zest.
- Simmer gently until sauce thickens (about 5 minutes).
- Serve chicken and sauce over freshly cooked rice, then garnish with parsley.