

## **One-Pot Roasted Chicken with Spinach and Artichokes**

*Adapted from Baked Chicken with Spinach and Artichokes at Diethood.com*

1 pound chicken pieces, cut up if large  
Fresh ground pepper and salt or Mrs. Dash, to taste  
1 tablespoon butter  
1 tablespoon olive oil  
1 small yellow onion, halved and thinly sliced  
1/2 small red onion, halved and thinly sliced  
2 large carrots, sliced into thin rounds  
2 garlic cloves, peeled and minced  
1 14-ounce can quartered artichokes, rinsed and drained  
1 8-ounce bag spinach  
A pinch of crushed red pepper flakes  
2 large lemon wedges  
3/4 cup chicken broth

Preheat oven to 425. Meanwhile prep the chicken and veggies. Season chicken with pepper and salt or Mrs. Dash. The chicken can be boneless and/or skinless or not, but if the pieces are large be sure to cut them smaller.

Heat butter and olive oil in a Dutch oven over medium high heat. Brown the chicken in the Dutch oven on both sides, about 3 to 5 minutes each side, depending on thickness. Remove from the pot and set aside, leaving the oil in the skillet.

Reduce heat to medium, and add the onions and carrots and cook for about 5 minutes, stirring occasionally. At this point, add the artichokes and cook about another 5 minutes until the vegetables are almost tender, again stirring occasionally.

Add the minced garlic, crushed red pepper flakes, and half the spinach. Squeeze one lemon wedge over the spinach and stir around until reduced a bit. Add the rest of the spinach and squeeze the other lemon wedge over it. Continue to cook until all the spinach wilts, stirring occasionally. Remove from heat, add the broth, and nestle the chicken around the vegetables.

Place in the oven uncovered and bake for 18 to 25 minutes, or until chicken is thoroughly cooked. In the last 5 minutes, bump the heat to broil to finish the roasting. Remove from oven and let stand 5 minutes. Serve over rice or noodles, if desired.