

Chicken with Garlic and Herbs

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4 heads garlic, boiled for 20 minutes
1 teaspoon dried rosemary
1 teaspoon dried thyme
1/3 cup olive oil
2 1/2 pounds chicken parts
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dried marjoram
2 bay leaves
8 tiny artichokes, trimmed and halved

Preheat the oven to 450 degrees.

Cool the garlic and remove the husks but not the skin from each clove.

In a bowl, mix the salt, pepper, garlic cloves, rosemary, thyme, marjoram and bay leaves with olive oil. Pour a little of the oil mixture into a flameproof casserole. Add the artichokes and chicken. Pour the remaining oil on top. Stir thoroughly so that the chicken and artichokes are well coated with oil, garlic and herbs.

Cover the dish and place over high heat on the stovetop. When the oil begins to sizzle, place the casserole in the oven. Reduce the temperature to 375 degrees.

Bake for 45 minutes.

Before serving, remove the bay leaves. Include the garlic cloves, artichokes and sauce with each portion.

Surround with watercress as garnish, if desired.

NOTE:

The recipe uses garlic HEADS and not cloves.

Per Serving (excluding unknown items): 1140 Calories; 73g Fat (52.6% calories from fat); 34g Protein; 114g Carbohydrate; 57g Dietary Fiber; 0mg Cholesterol; 3098mg Sodium. Exchanges: 0 Grain(Starch); 21 Vegetable; 14 1/2 Fat.