

## Chicken Tenderloins with Artichokes and Spinach©

### Chicken—Ingredients:

fresh chicken tenderloins— 3 per person or use frozen, defrost overnight in refrigerator  
lemon pepper  
2 oz. Kerry Gold™ Irish Butter, melt  
2 Tbsp. olive oil  
1 Tbsp. garlic oil

### Method:

Preheat conventional oven to 350°, convection oven to 325°. Line a cookie sheet with foil and spray with Pam™.

Wash and pat dry the tenderloins. Remove small strip from side of tenderloin. Arrange chicken on the cookie sheet.

Melt butter in a small bowl in microwave. Stir in olive and garlic oil. Spread mixture evenly over the chicken. Bake 15–20 minutes until done.

### Topping—Ingredients:

2 Tbsp. oil  
1 Tbsp. garlic oil, optional  
2–9 oz. pkgs. Stouffer's™ Chopped Spinach, defrosted  
1–9 oz. pkg. Stouffer's™ Cream of Spinach, defrosted  
2–14 oz. cans artichoke hearts, drained, chopped  
2 Tbsp. dry minced onions  
1 Tbsp. white wine worcestershire sauce for chicken  
2 cups cheddar or mixed cheese

### Method:

Spray a pot with Pam™ and heat oils. Add remaining ingredients except cheese. Heat through and taste for salt.

### To Serve:

Arrange chicken on a serving platter and spoon spinach mixture on top. Or, serve spinach mixture to the side of the chicken like a vegetable. Garnish with tomato rose and shredded cheddar cheese.

**Hint:** To make garlic oil mixture—peel fresh garlic and put in a tall container or blender. Pour enough olive oil over garlic to completely cover. Chop mixture very fine with the Magic Wand using the knife blade or use your blender. Keep in a small jar in the refrigerator or freezer. If frozen, use a paring knife and scoop out a small amount like a cone. Three little scoops count as 1 Tbsp. garlic oil. You do not need to peel garlic each time it is needed.

