

GREEK YOGURT PAN SAUCE

Fantastic on chicken, pork or turkey scallopini!

Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Greek Yogurt

Yield: Serves 6

Ingredients

2 T. Olive Oil	12 oz. can artichoke hearts, drained and quartered
¼ c. small diced shallots	½ lemon, juiced and zested
1 T. minced garlic	8 oz. low fat Greek yogurt
¼ c. white wine	2 T. chopped fresh oregano
1 c. chicken broth	salt and pepper to taste

Preparation

Heat a sauce pan over medium heat, add olive oil and warm. Add shallots and sauté for three to four minutes making sure not to brown them. Add garlic and sauté for an additional minute.

Deglaze pan with white wine, add chicken broth and simmer until reduced by half. Add artichoke hearts and lemon juice, then heat for two minutes. Remove from heat and stir in the yogurt to make up the sauce. Add fresh oregano and zest from lemon; add salt and pepper to taste.

*Serve sauce with a pan-seared chicken breast, pork cutlet or turkey scallopini.