



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Leeks**

Pan Roasted Chicken with Leeks

Ingredients:

3 leeks, cut in half length wise, sliced thin and washed
6 boneless chicken breasts
½ cup white wine
2 cloves garlic, minced
2 Tbs oil
1 shallot, minced
1 Tbs dried rosemary
1 lemon, zested
salt and pepper to taste

Directions:

Heat the oil over medium high heat. Sear the chicken breast over medium high heat on both sides. Transfer the chicken to a plate and set aside. Lower the heat to medium. Add the minced shallot and garlic. Sauté for one minute, then add the leeks and rosemary. Cook the leeks until tender, about 7 minutes. Deglaze the pan with the white wine. Return the chicken to the pan. Cover and let cook until the white wine reduces and the chicken is cooked through.

Squeeze the lemon juice evenly over each chicken breasts. Sprinkle with salt and pepper to taste. Lastly, sprinkle lightly with lemon zest.