

Lemon Chicken

Ingredients:

- 2 lbs or 4 large chicken breasts, boneless and skinless
- 1 large lemon zested
- 4 tbsp lemon juice
- 1 tsp salt
- Ground black pepper
- 3/4 cup all-purpose flour
- 3 tbsp olive oil
- 3/4 cup chicken stock low sodium
- 2 large garlic cloves minced or grated
- 3 tbsp butter unsalted
- Parsley or lemon slices, for garnish



Directions:

Slice each chicken breast in half lengthwise and season with salt and pepper. In a shallow plate add flour. Preheat non-stick skillet on medium heat and add 2 tsp of oil. Dredge chicken in flour on both sides and add to the skillet. Cook chicken for 4-5 minutes on each side and transfer to a plate. Repeat with remaining chicken, adding more oil as necessary. Add 1 tbsp butter and garlic, saute for 20 seconds, stirring often. Add chicken stock, lemon zest and juice, 2 more tbsp of butter and bring to a boil while scraping the bottom. Cook for 2 minutes. Add chicken back to the skillet and spoon lemon butter sauce over it. Garnish with parsley or lemon slices.