

## Lemon Chicken

Yield: 4 servings

Portion: 1 breast

### Ingredients

4 skinned and boned chicken breasts or thighs (about 1 1/2 lb.)

1 teaspoon salt

1/2 teaspoon pepper

1/3 cup all-purpose flour

4 tablespoons butter, divided

2 tablespoons olive oil, divided

1/4 cup chicken broth

1/4 cup lemon juice

1/4 cup chopped fresh flat-leaf parsley

Garnish: lemon slices

### Preparation

1. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet. If using thighs no need to pound. Sprinkle chicken with salt and pepper. Lightly dredge chicken in flour, shaking off excess.
2. Melt 1 Tbsp. butter with 1 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Cook half of chicken in skillet until golden brown on each side. Transfer chicken to a oven proof baking dish. Repeat procedure with 1 Tbsp. butter and remaining olive oil and chicken.
3. Add broth and lemon juice to skillet, and cook 1 to 2 minutes or until sauce is slightly thickened, stirring to loosen particles from bottom of skillet. Add 8 lemon slices.
4. Remove skillet from heat; add parsley and remaining 2 Tbsp. butter, and stir until butter melts. Pour sauce over chicken and bake until chicken reaches an internal temperature of 165 degrees. Serve immediately. Garnish, if desired.