

LEMON CHICKEN

4 skinless, boneless chicken breast halves
3 tbsps flour
2 tbsp butter
2 tbsp olive oil
1-3/4 cups chicken broth
1/4 cup fresh lemon juice
Salt and pepper to taste

Pound chicken breasts with meat mallet to uniform 1/2 inch thickness. Dredge lightly in flour, reserving the excess.

In large saute' pan, over medium-high heat, melt butter with oil in it until it sizzles. Add chicken breasts and cook, turning over once until juices run clear. Remove chicken to a plate.

Stir reserved flour into saute' pan. Whisk in broth and lemon juice; heat to boiling. Boil 1 minute to thicken slightly. Return chicken to pan to heat through.

Season to taste with salt and pepper.

I serve the above over basmati & wild rice. You can buy it in one container at the grocery store.

DELICIOUS