

# Lemon Dill Chicken

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sauteed chicken breasts. Serve with broccoli and whole wheat orzo.

## Ingredients

4 boneless, skinless chicken breasts (1 to 1 and 1/4 pounds)  
3 tsp extra virgin olive oil or canola oil, divided  
1/4 cup onions, finely chopped  
3 cloves garlic, minced  
1 cup reduced sodium chicken broth  
2 tsp flour  
2 tbsp dill, chopped fresh, divided  
1 tbsp lemon juice  
Freshly ground pepper to taste  
Salt to taste

## Instructions

- Season chicken breasts on both sides with salt and pepper. Heat 1 and 1/2 tsp oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
- Reduce heat to medium. Add the remaining 1 and 1/2 tsp oil to the pan. Add onion and garlic and cook, stirring for 1 minute. Whisk broth, flour, 1 tbsp dill, and lemon juice in a measuring cup and add to pan. Cook, whisking until slightly thickened - about 3 minutes.
- Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tbsp chopped fresh dill.



Bia Dacosta

# Nutritional Information

Serves 4.

Calories: 173

Fat: 6g

Saturated Fat: 1g

Mono Fat: 4g

Cholesterol: 64mg

Protein: 24g

Carbohydrates: 3g

Dietary Fiber: 0g

Sodium: 236mg

Recipe from WebMD and EatingWell.com.