

Chicken

Lemon Chicken with Snow Peas

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

1 package (10 oz) frozen snow peas

2 eggs

1/4 cup Parmesan cheese, grated

1/4 cup parsley, chopped

1/2 cup chicken broth, divided

1/4 cup fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon pepper

4 skinless/ boneless chicken breast halves, pounded to 1/4-inch thickness

1/4 cup all-purpose flour

2 cloves garlic, chopped

2 tablespoons olive oil

3 tablespoons butter

1 lemon, cut into wedges

parsley (for garnish)

Microwave the snow peas until done.

In a large bowl, lightly beat the eggs.

Add the parmesan, parsley, 1/4 cup of broth, two tablespoons of lemon juice, salt and pepper.

Coat the chicken in flour, then dip into the egg mixture.

In a large skillet, saute' the garlic in oil over medium heat for 30 seconds.

Add the chicken and saute' for 8 minutes or until cooked through. Remove to a plate.

In the same skillet, melt the butter. Stir in 1/4 cup of the broth and two tablespoons of the lemon juice. Bring to a boil. Cook for 30 seconds.

Pour over the chicken. Serve with the snow peas.

Garnish with lemon and parsley.

Per Serving (excluding unknown items): 240 Calories; 20g Fat (71.9% calories from fat); 7g Protein; 10g Carbohydrate; 1g Dietary Fiber; 133mg Cholesterol; 581mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.