

Chicken

Lemon Chicken

Servings: 4

Exchanges: One serving + 1/2 fruit, 4 lean meat; omits 1 fat.

1/2 cup fresh lemon juice

1 tablespoon lime juice

1 1/2 tablespoons walnut oil

1 1/2 tablespoons low-sodium soy sauce

2 tablespoons dijon mustard

dash cayenne

1 pound skinless boneless chicken breast

4 lemon wedge

Combine lemon and lime juices, oil, soy sauce, mustard and cayenne to make marinade.

Marinate chicken breasts in this sauce for four or more hours in a cool place.

Cut chicken breasts into four pieces and poach in the marinade in a saucepan until tender, about ten minutes.

Transfer chicken to warm platter and reduce marinade until thick.

Spoon marinade over chicken and serve with lemon wedges.

Per Serving (excluding unknown items): 189 Calories; 7g Fat (32.7% calories from fat); 27g Protein; 5g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 393mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.