

## Chicken

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# Lemon Thyme Chicken

Publix Aprons

**1 3/4 pounds boneless/ skinless chicken breasts**  
**1/2 teaspoon Kosher salt**  
**1/4 teaspoon pepper**  
**1 tablespoon canola oil**  
**2 tablespoons lemon juice**  
**3/4 cup white wine**  
**1 can (14 oz) reduced-sodium chicken broth**  
**10 sprigs fresh thyme**  
**6 sprigs fresh oregano**  
**1 tablespoon cornstarch**  
**2 tablespoons water**

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Season chicken with salt and pepper. Place oil in pan and then add chicken; cook 2 to 3 minutes on each side or until lightly browned.

Stir in lemon juice, wine, broth, thyme and oregano; cover. Cook and stir for 8 to 10 minutes, turning chicken occasionally, or until 165 degrees.

Remove chicken, thyme and oregano from pan.

In a small bowl, combine cornstarch and water until smooth. Pour into pan and bring to a boil. Cook and stir for 2 to 3 minutes or until thickened.

Slice chicken, top with sauce, and serve.

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Per Serving (excluding unknown items): 299 Calories; 14g Fat (65.9% calories from fat); 1g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 952mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 2 1/2 Fat.