

## Chicken

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# Pan-Fried Chicken Athena

Bobby Taylor - Laporte, IN

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**4 (6-ounce each) boneless/ skinless chicken breast halves**

**2 tablespoons butter**

**4 1/2 teaspoons lemon juice**

**4 1/2 teaspoons Worcestershire sauce**

**1/2 teaspoon Dijon mustard**

**1/4 teaspoon salt**

**1 tablespoon chives, minced**

**1 tablespoon minced fresh parsley OR 1 teaspoon dried parsley flakes**

**lemon wedges**

Flatten the chicken breasts to 1/4-inch thickness.

In a large skillet over medium heat, cook the chicken for 5 to 6 minutes on each side or until a meat thermometer reads 170 degrees. Remove and keep warm.

Add the lemon juice, Worcestershire sauce, mustard and salt to the skillet. Bring to a boil. Remove from the heat.

Stir in the chives and parsley.

Spoon over the chicken and serve with lemon wedges.

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Per Serving (excluding unknown items): 57 Calories; 6g Fat (87.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 255mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.