

Chicken

Saute'd Chicken with Sage Browned Butter

Cooking Light

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

4 6-ounce boneless, skinless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon black pepper

cooking spray

1/2 cup all-purpose flour

3 tablespoons butter

2 sprigs sage

1 tablespoon shallots, minced

1 teaspoon fresh thyme, chopped

2 tablespoons lemon juice

fresh sage leaves (optional)

Place each breast half between two sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper.

Heat a large skillet over medium-high heat; coat with cooking spray.

Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; saute' for 4 minutes on each side or until done. Remove chicken from pan.

Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage. Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken.

Garnish with sage leaves, if desired.

Per Serving (excluding unknown items): 140 Calories; 9g Fat (56.1% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 222mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.