

## Chicken

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# Saute'd Lemon Chicken

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**3 tablespoons olive oil**

**4 (1 1/4 pound total) boneless/ skinless chicken breast halves**

**salt (to taste)**

**pepper (to taste)**

**2 lemons**

**3/4 cup chicken broth**

**2 tablespoons capers, drained and rinsed**

**2 tablespoons butter**

**2 cups cooked broccoli**

**2 cups cooked wild or brown rice**

Heat the oil in a large skillet. Saute' the chicken for 10 minutes or until cooked, turning once. Remove to a platter. Sprinkle with salt and pepper to taste.

Add the juice and zest from one lemon to the pan. Boil over medium heat for 1 minute, stirring.

Add the broth and cook for 2 minutes.

Add the capers and butter. Mix well. Simmer for 1 minute. Add more salt and pepper, if desired.

Top the chicken with the sauce and serve with the cooked broccoli and rice.

Slice the remaining lemon and use as garnish.

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Per Serving (excluding unknown items): 176 Calories; 16g Fat (77.4% calories from fat); 4g Protein; 7g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 262mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.