

Lemony Chicken Cutlets

Martha Hayes

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

3 whole chicken breasts
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
margarine
1 cup water
1 cube chicken flavored
bouillon
2 small lemons

Cut the chicken breasts in halves. Pound to 1/8-inch thickness.

In a bowl, mix the flour, salt and pepper. Toss the chicken in the mixture to coat. Reserve the flour mixture.

In a twelve-inch skillet over medium-high heat, melt three tablespoons of margarine. Cook three breasts of the chicken at a time until lightly browned on each side. Remove to a plate.

Reduce the heat to low. Stir the reserved flour mixture. Add the water, bouillon and juice of one-half lemon. Cook for 1 minute.

Return the chicken to the skillet. Thinly slice the remaining lemons. Place the lemon slices atop the chicken breasts. Cover. Simmer for 5 to 10 minutes or until the chicken is fork tender.

Per Serving (excluding unknown items): 138 Calories; 1g Fat (3.5% calories from fat); 5g Protein; 36g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1077mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 0 Fat.