



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Chicken Breasts With Roasted Lemons

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Ingredients

- 3 medium lemon, thinly sliced and seeded
- 1 teaspoon oil, olive, extra virgin
- 1/8 teaspoon salt
- 1 pounds chicken, breast, boneless, skinless, 4 breast halves, trimmed
- 1/8 teaspoon salt
- pepper, black ground, to taste
- 1/4 cup(s) flour, all-purpose
- 2 teaspoon oil, olive, extra virgin
- 1 1/4 cup(s) broth, reduced-sodium chicken
- 2 tablespoon capers, drained and rinsed
- 2 teaspoon butter
- 3 tablespoon parsley, fresh, chopped, divided

Recipe Tip:

- Using whole-wheat flour instead of all-purpose flour will give you more nutritional bang for your calorie buck.
- Always buy broth in cardboard containers instead of cans.

Preparation

To prepare roasted lemons:

Preheat oven to 325°F.

Line a baking sheet with parchment paper.

Arrange lemon slices in a single layer on it. Brush the lemon slices with 1 teaspoon oil and sprinkle with 1/8 teaspoon salt.

Roast the lemons until slightly dry and beginning to brown around the edges, 25 to 30 minutes.

Meanwhile, prepare chicken:

Cover chicken with plastic wrap and pound with a rolling pin or heavy skillet until flattened to about 1/2 inch thick. Sprinkle the chicken with 1/8 teaspoon salt and pepper.

Place flour in a shallow dish and dredge the chicken to coat both sides; shake off excess (discard remaining flour).

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until golden brown, 2 to 3 minutes per side.

Add broth and bring to a boil, scraping up any browned bits. Stir in capers. Boil until the liquid is reduced to syrup consistency, 5 to 8 minutes, turning the chicken halfway.

Add the roasted lemons, butter, 2 tablespoons parsley and more pepper, if desired; simmer until the butter melts and the chicken is cooked through, about 2 minutes.

Transfer to a platter. Sprinkle with the remaining 1 tablespoon parsley and serve.