



Lemon Chicken with Reduced Chicken Broth

Ingredients

4 boneless, skinless chicken breasts
pinch of salt
½ teaspoon pepper
½ cup flour
2 small lemons
1 Tablespoon olive oil
1 Tablespoon garlic, chopped
½ cup low-fat, low-sodium chicken broth

Makes 4 servings

Instructions

- Season the chicken breasts with salt and pepper. Place the flour in a separate, shallow bowl, then dredge the chicken through the flour until it is coated. Using a cheese grater, grate rind from one lemon. Squeeze the lemon juice from the two lemons into a separate bowl.
- Heat the olive oil in a pan over medium heat. Place the chicken breasts in the pan and cook each side until it is golden brown. Add the lemon juice, grated lemon rind, and garlic to the pan. Continue cooking until the pan is almost dry again, turning the chicken once while cooking.
- Add the chicken broth to the pan and bring the liquid to a simmer. Cook until the liquid has been reduced by half. Serve the chicken breasts with reduced liquid on top.

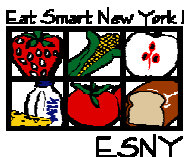
Nutrition Facts

Serving Size 1 Chicken Breast	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 280mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 29g	
Vitamin A 0%	• Vitamin C 30%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

20% calories from fat

Source: Adapted from: Cooking with the Diabetic Chef/American Diabetes Association.

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