

## Healthy Recipe

GET HEALTHY, STAY HEALTHY

# Chicken Breast with Roasted Lemons

### Ingredients

- 3 medium lemons, thinly sliced and seeded
- 1 teaspoon extra-virgin olive oil
- 1/8 teaspoon salt
  
- 4 boneless, skinless chicken breast halves, (about 1 pound total), trimmed
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1/4 cup all-purpose flour
- 2 teaspoons extra-virgin olive oil
- 1 1/4 cups reduced-sodium chicken broth
- 2 tablespoons drained capers, rinsed
- 2 teaspoons butter
- 3 tablespoons chopped fresh parsley, divided

### Preparation

1. 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 tablespoon 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.
2. 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).
3. 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.

### Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the roasted lemons (Step 1) for up to 2 days.

### Nutrition

**Per serving:** 219 calories; 7 g fat ( 2 g sat , 3 g mono ); 72 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 28 g protein; 1 g fiber; 396 mg sodium; 376 mg potassium.

**Makes:** 4 servings • **Active Time:** 30 minutes • **Total Time:** 30 minutes