

LEMON THYME CHICKEN



INGREDIENTS

- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 tablespoon butter
- 1/2 teaspoon dried thyme
- 1 cup chicken broth
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh parsley

METHOD

In a small bowl, combine the flour, salt and pepper. Set aside 4 1/2 teaspoons for sauce.

Sprinkle the remaining flour mixture over both sides of chicken.

In a large non-stick skillet coated with cooking spray, cook chicken in oil over medium heat for 7-9 minutes on each side or until juices run clear. Remove and keep warm. In the same pan, saute onion in butter until tender.

Add thyme and reserved flour mixture; stir until blended. Gradually stir in the broth and lemon juice, scraping up any browned bits from bottom of pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken. Sprinkle with parsley.
