

Lemon & Dill Chicken



Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts. Make it a meal: Serve with roasted broccoli and whole-wheat orzo.

EatingWell Test Kitchen

Total: 30 mins

Servings: 4



Ingredients

- 4 boneless, skinless chicken breasts, (1-1 1/4 pounds)
- Salt & freshly ground pepper, to taste
- 3 teaspoons extra-virgin olive oil, or canola oil, divided
- ¼ cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons chopped fresh dill, divided
- 1 tablespoon lemon juice

Directions

Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Nutrition Facts

Per Serving: 170 calories; protein 24.1g; carbohydrates 3.3g; dietary fiber 0.3g; sugars 0.7g; fat 6.2g; saturated fat 1.3g; cholesterol 62.7mg; vitamin a iu 27.7IU; vitamin c 3.3mg; folate 11.5mcg; calcium 18.9mg; iron 1mg; magnesium 24.4mg; potassium 271.6mg; sodium 339.5mg; thiamin 0.1mg.

Exchanges: 4 lean meat. 1 fat

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