

Brown Butter Sage Skillet Chicken



5 from 9 votes

Prep Time: 10 mins *Cook Time:* 20 mins *Total Time:* 30 mins

Servings: 3

Simple and delicious, brown butter sage skillet chicken is the ultimate weeknight comfort food.

Ingredients

- 3 boneless, skinless chicken breasts - sliced or pounded thin
- kosher salt
- freshly-ground black pepper
- 0.25 cup all-purpose flour
- 4.5 Tablespoons unsalted butter - divided
- 1.5 Tablespoons extra virgin olive oil
- 0.25 cup fresh sage leaves (a generous handful)
- juice of 1/2 lemon - use the other half for serving as wedges
- 0.38 cup white wine or low-sodium chicken broth

Instructions

1. Season both sides of the chicken breasts generously with salt and pepper. Place the flour in a shallow bowl or plate, then dredge each piece of chicken through it to form a light coating, shaking gently to remove any excess.
2. Add 2 tablespoons butter and 2 tablespoons olive oil to a large skillet set over medium-high heat. When butter melts, add the chicken and saute for 2-3 minutes per side, until cooked through and lightly golden. Remove the chicken to a plate, cover with foil, and set aside.
3. Add remaining 4 tablespoons butter to the skillet. When butter has melted, add sage leaves. Allow the butter to brown and bubble, about 2-3 minutes, until it begins to give off a warm, nutty aroma. Remove sage to a paper towel-lined plate, leaving butter in the skillet.
4. Add lemon juice and wine or broth to the skillet. Simmer the mixture for 2-3 minutes, scraping any browned bits from the bottom of the pan. Taste sauce and

adjust with more salt and pepper, if desired. When the sauce is slightly thickened, return chicken to the skillet to warm through, then top with sage, garnish with additional lemon wedges, and serve.

Nutrition Estimate

Calories: 441kcal, Carbohydrates: 2g, Protein: 48g, Fat: 23g, Saturated Fat: 12g, Cholesterol: 189mg, Sodium: 266mg, Potassium: 886mg, Fiber: 1g, Vitamin A: 750IU, Vitamin C: 3.5mg, Calcium: 63mg, Iron: 1.7mg

Did you make this recipe?

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Course: Main *Cuisine:* American *Keyword:* skillet chicken

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