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Chicken Breasts With Roasted Lemons

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Ingredients

- 3 medium lemon, thinly sliced and seeded
- 1 teaspoon oil, olive, extra virgin
- 1/8 teaspoon salt
- 1 pounds chicken, breast, boneless, skinless, 4 breast halves, trimmed
- 1/8 teaspoon salt
- pepper, black ground, to taste
- 1/4 cup(s) flour, all-purpose
- 2 teaspoon oil, olive, extra virgin
- 1 1/4 cup(s) broth, reduced-sodium chicken
- 2 tablespoon capers, drained and rinsed
- 2 teaspoon butter
- 3 tablespoon parsley, fresh, chopped, divided

Recipe Tip:

- Using whole-wheat flour instead of all-purpose flour will give you more nutritional bang for your calorie buck.
- Always buy broth in cardboard containers instead of cans.

Preparation

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 teaspoon 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.

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).

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.