



Reach



Racial & Ethnic Approaches
to Community Health

GREENWOOD LEFLORE HOSPITAL

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Centers for Disease Control & Prevention

Lemon & Dill Chicken / Ingredients

4 boneless, skinless chicken breasts (1 to 1¼ pounds)

Salt and 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 dried dill

1 tablespoon lemon juice

Recipe inspired by EatingWell.com

Cooking Instructions

- 1.** Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons of 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.
- 2.** Reduce heat to medium. Add the remaining 1½ teaspoons of 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.
- 3.** 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 dill.

Nutritional Information

Yield: 4 servings

Each serving provides:

Calories: 170

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 63 mg

Sodium: 339 mg

Fiber: 0 g

Protein: 24 g

Carbohydrate: 3 g

Potassium: 272 mg