

Herbed Lemon Chicken Breasts (or Tenders)

Corinne Bachle, MG

- 1 Tbs. Lawry's Lemon Pepper Seasoning
- 2 Tbs. all-purpose flour
- 12 ounces boneless, skinless chicken breasts or tenders
- 1 Tbs. butter
- 1 medium fresh lemon
- 1-1/2 cup low sodium, low fat chicken broth

1. On a large plate, combine Lemon Pepper with flour; pat chicken dry and roll in flour mixture.
2. Heat butter in large skillet; add chicken and brown on both sides, about 3 to 4 minutes each side.
3. Meanwhile, squeeze juice from lemon and mix with chicken broth.
4. Pour over chicken, cover, and cook for 15 minutes or until chicken juices run clear.
5. Serve immediately over rice or noodles.

GREAT STUFF!!