

LEMON CHICKEN

1 pound boneless skinless chicken breasts divided into 6 portions
1 1/3 cup chicken broth
1 1/2 Tbsp. fresh lemon juice
1 1/2 garlic cloves, minced
1 1/2 tsp. fresh thyme
2 Tbsp. Ultra Gel

Brown chicken in a heavy non-stick pan until lightly browned on all sides. (we use a Swiss Diamond skillet) Add chicken broth, lemon juice, garlic, and thyme and simmer 5 min. Serve or package.

Nutritional Info: per serving

106 calories, 1.9 g fat, .5 gr saturated fat, 44 mg. cholesterol, 16.5 cal from fat

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