

# Sautéed Chicken with Sage Browned Butter

The full-bodied flavor of sage browned butter dresses up classic sautéed chicken in this 25-minute supper.  
Calories 326 / Fat 11.1g per serving.

## Ingredients

4 (6-ounce) skinless, boneless  
chicken breast halves  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray  
1/2 cup all-purpose flour  
3 tablespoons butter  
1/4 cup coarsely chopped fresh sage leaves  
1 tablespoon minced shallots  
1 teaspoon chopped fresh thyme  
2 tablespoons lemon juice

## Method

Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper. Heat a large skillet over medium-high heat; coat with cooking spray. Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; sauté for 4 minutes on each side or until done. Remove chicken from pan.

Melt the butter in a medium saucepan set over low-medium heat. When the butter begins to get just slightly bubbly, add the chopped sage to the butter and continue stirring and cooking the mixture for 2 to 4 additional minutes, until the butter has turned very light brown and has a rich, nutty aroma.

Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken.

