

Lemon & Garlic Chicken Saute

*Glorious Gourmet PCS, LLC, Gloria Luzzatto
Tapas*

Servings: 4

Lemon and garlic flavors with a quick saute of chicken strips and served with a piece of crusty baguette

2 medium chicken breast, no skin, no bone, R-T-C

3 1/2 tablespoons olive oil

1/2 medium onion, finely chopped

3 medium garlic cloves, finely chopped

2 small lemon, 1 lemon grated and

juiced. 1 cut in wedges

2 tablespoons fresh parsley, chopped fine

1 small baguette, sliced

salt and pepper, to taste

Utensils: 12" saute pan, cutting board, tongs, knife, several small bowls for mise en place, serving platter, wooden spoon.

Peel and chop the garlic and place in a small dish. Chop the onion and place in a small dish. Chop the parsley and place in a small dish and set aside. Grate the lemon and set aside. Squeeze the juice into a small cup and set aside

Using a sharp knife, slice the chicken breasts widthwise into thin slices, about 2-3 inches long. Place in a dish

Heat the oil in the saute pan, add the onion and cook on medium heat about 2- 4 minutes until softened. Add the garlic and cook about 30 seconds. Add the chicken and cook gently for 5-10 minutes, stirring from time to time, until all the ingredients are lightly browned and chicken is still tender.

Add the grated lemon rind and lemon juice and let bubble. Using a wooden spoon, scrape the bits from the pan and add a 1 T of water to deglaze. Remove from the heat and stir in the parsley, season to taste with salt and fresh ground pepper.

Transfer the chicken to a serving platter, place the lemon wedges around the platter and serve with the crusty baguette. Squeeze the lemon wedge on each portion of chicken.

Per Serving (excluding unknown items): 569 Calories; 18g Fat (29.1% calories from fat); 37g Protein; 64g Carbohydrate; 4g Dietary Fiber; 72mg Cholesterol; 756mg Sodium; 0g Total Sugars; 0mcg Vitamin D; 115mg Calcium; 4mg Iron; 427mg Potassium; 0mg Phosphorus. Exchanges: 4 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.