



Zesty Lemon Chicken Cutlets

Serves 4

1 pound chicken cutlets
Salt to taste
Freshly ground black pepper
¼ cup flour
1 Tbsp olive oil
1 cup low-sodium chicken broth
1 tsp finely chopped garlic
2 Tbsp fresh lemon juice
14 tsp finely grated lemon zest
2 Tbsp chopped fresh parsley
2 Tbsp capers

1. Season the chicken cutlets with salt and pepper and dredge them in flour
2. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the chicken and cook until golden brown on each side, about 2 minutes per side. Transfer the chicken to a platter and keep warm.
3. Add the stock and garlic to the skillet. Bring the stock to a boil and reduce it by half. Add the lemon juice, lemon zest, parsley and capers. Simmer for 30 seconds and pour the sauce over the chicken. Serve immediately.

Nutritional Analysis

Serving Size: 2 cutlets

Calories	195
Fat	5g
Saturated Fat	1g
Protein	28g
Carbohydrates	8g
Dietary Fiber	1g
Sodium	294mg