

Lemon Pepper Chicken

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The Church of St. Michael and St. George - St. Louis, MO - 1985

Servings: 4

*4 large boneless/skinless
chicken breasts*

1/4 cup lemon juice

1/4 cup honey

1 tablespoon lemon pepper

2 tablespoons butter

1/2 teaspoon garlic, minced

Preheat the oven to 350 degrees.

Place the chicken breasts in a baking dish.

In a medium saucepan, mix the lemon juice, honey, lemon pepper, butter and garlic. Cook over medium heat, stirring constantly, until the mixture bubbles around the edges. Pour over the chicken. Cover the pan.

Bake, basting occasionally, for 35 to 45 minutes or until cooked thoroughly.

Per Serving (excluding unknown items): 623 Calories; 33g Fat (47.7% calories from fat); 61g Protein; 20g Carbohydrate; trace Dietary Fiber; 201mg Cholesterol; 497mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.