

Dilled Lemon Chicken

Karen Yetter

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 1/2 pounds boneless/
skinless chicken breast
1/4 cup margarine or butter
1/2 cup dry white wine
1 tablespoon lemon juice
1/4 teaspoon salt
1/8 teaspoon dried dillweed
1/2 lemon, thinly sliced
2 green onions, sliced*

In a ten-inch skillet, saute' the chicken breasts for 5 minutes on each side or until light brown. In a small bowl, combine the wine, lemon juice, salt and dillweed. Pour over the chicken. Place the lemon slices on the chicken.

Bring to a boil. Reduce the heat. Simmer, covered, for 10 to 15 minutes or until the chicken is tender. Remove the chicken with a slotted spoon to a warm platter.

Boil the wine mixture, stirring constantly, for 3 minutes or until reduced by half. Pour over the chicken.

Sprinkle with green onions.

Per Serving (excluding unknown items): 84 Calories; 8g Fat (92.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 169mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Fat.