



LEMON CHICKEN SKILLET

Intermediate Lifestyle

Ingredients

12 ounces baby red potatoes, halved
1 TBS olive oil, divided
4 (6-ounce) skinless, boneless chicken breast halves, pounded to 3/4-inch thickness
3/4 TSP kosher salt, divided
1/2 TSP freshly ground black pepper, divided
2 thyme sprigs
4 ounces cremini mushrooms, quartered
1 TBS chopped fresh thyme
1/4 cup whole milk
5 TSP all-purpose flour
1 3/4 cups unsalted chicken stock (such as Swanson)
8 very thin lemon slices
1 (8-ounce) package trimmed haricots verts (French green beans)
2 TBS chopped fresh flat-leaf parsley

Instructions

1. Preheat oven to 450°.
2. Place potatoes in a medium saucepan; cover with water. Bring to a boil, and simmer 12 minutes or until tender. Drain.
3. Heat a large oven-proof skillet over medium-high heat. Add 1 TSP oil to pan. Sprinkle chicken with 1/4 TSP salt and 1/4 TSP pepper. Add chicken and thyme sprigs to pan; cook 5 minutes or until chicken is browned. Turn chicken over. Place pan in oven; bake at 450° for 10 minutes or until chicken is done. Remove chicken from pan.
4. Return pan to medium-high heat. Add remaining 2 TSP oil. Add potatoes, cut sides down; mushrooms; and 1 TBS thyme; cook 3 minutes or until browned, stirring once. Combine milk and flour in a small bowl, stirring with a whisk. Add remaining salt, remaining pepper, flour mixture, stock, lemon, and beans to pan; simmer 1 minute or until slightly thickened. Add chicken; cover, reduce heat, and simmer 3 minutes or until beans are crisp-tender. Sprinkle with parsley.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 chicken breast + 3/4 cup potato/veggie mixture