



LEMON CHICKEN SKILLET

Intermediate Lifestyle

INGREDIENTS

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

INSTRUCTIONS

—Preheat oven to 450°.

—Place potatoes in a medium saucepan; cover with water. Bring to a boil, and simmer 12 minutes or until tender. Drain.

—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.

—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.

SERVING INFO: (Serves 4):

1 chicken breast + 3/4 cup potato/veggie mixture = 1 P, 1 V, 1/2 G

See photo of recipe at [Instagram](#) and [Facebook](#).