



CILANTRO-LIME CHICKEN SKILLET

Basic Lifestyle

INGREDIENTS

1 TBS oil
1 TBS lite butter
salt and pepper to taste
1 pound boneless, skinless chicken breasts, pounded thin
4 cloves garlic, chopped
1 pinch red pepper flakes (optional)
1/2 cup chicken broth*
1 lime, juice and zest
salt and pepper to taste
2 TBS cilantro, chopped

*Try to use a lower-sodium broth. Also, an option is to replace some or all of the chicken broth with white wine.

INSTRUCTIONS

—Heat the oil and melt the butter in a skillet over medium-high heat until frothing, add the chicken, seasoned with salt and pepper to taste, and cook until lightly golden brown, about 3-5 minutes per side, before setting aside.

—Add the garlic and red pepper flakes and cook until fragrant, about a minute.

—Add the broth and de-glaze the pan by scraping up any brown bits from the bottom with a wooden spoon while the broth sizzles.

—Add lime juice and zest and season with salt and pepper to taste before removing from the heat and adding the cilantro and chicken.

SERVING INFO: (Serves 4): 1 breast = 1 P

Recipe credit: closetcooking.com