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## Lemon Chicken with Reduced Chicken Broth

### Ingredients:

- 4 boneless, skinless chicken breasts
- pinch of salt
- ½ teaspoon pepper
- ½ cup flour
- 2 small lemons
- 1 Tablespoon olive oil
- 1 Tablespoon garlic, chopped
- ½ cup low-fat, low sodium chicken broth

*Makes 4 servings - 20% calories from fat*

### Instructions:

1. Season the chicken breasts with salt and pepper. Place the flour in a separate, shallow bowl, then dredge the chicken through the flour until it is coated. Using a cheese grater, grate rind from one lemon. Squeeze the lemon juice from the two lemons into a separate bowl.
2. Heat the olive oil in a pan over medium heat. Place the chicken breasts in the pan and cook each side until it is golden brown. Add the lemon juice, grated lemon rind, and garlic to the pan. Continue cooking until the pan is almost dry again, turning the chicken once while cooking.
3. Add the chicken broth to the pan and bring the liquid to a simmer. Cook until the liquid has been reduced by half. Serve the chicken breasts with reduced liquid on top.

Source: Adapted from Cooking with the Diabetic Chef/American Diabetes Association

Nutrition Facts	
Serving Size 1 Chicken Breast	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 45</b>
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	% Daily Value*
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 29g</b>	
Vitamin A 0%	• Vitamin C 30%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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