

Lime Chicken

1 tablespoon vegetable oil
2 tablespoons all-purpose flour
1/2 tsp. chili powder
1/4 tsp. salt
12 oz boneless, skinless chicken
breasts, sliced thin (1/4" thick)
1/2 cup low-sodium chicken broth
2 tablespoons fresh lime juice
2 tablespoons minced cilantro
(optional)

Heat oil in a large nonstick skillet. In a large plastic reclosable bag, mix the flour, chili powder, and salt. Add chicken and shake until well coated. Transfer the chicken to the skillet, shaking off any excess flour; sauté until cooked through, about 3 minutes on each side. Pour broth and lime juice over the chicken; heat to serving temperature, about 30 seconds. Transfer chicken to plates. Spoon the pan juices over chicken and sprinkle with cilantro. Makes 4 servings.

Nutrition information per serving: 186 calories, 28 grams protein, 7 grams fat, 2 grams carbohydrate, and 309 mg sodium.