

Chicken with Roasted Lemons, Green Olives and Capers

12 lemon slices, sliced thin
olive oil
4 large chicken breasts halves, boneless, skinless
all purpose flour
1 tbsp olive oil
1/2 cup green Sicilian olives, pitted and sliced
2 tbsp. capers, drained
1 3/4 cups chicken broth, low sodium
2 tbsp. butter, cut into 4 pieces
3 tbsp. fresh parsley, chopped

Preheat oven to 325°F. Line baking sheet with parchment paper. Arrange lemon slices in a single layer on prepared sheet. Brush lemon slices with olive oil and lightly sprinkle with salt. Roast until slightly dry and beginning to brown around edges, about 25 minutes. Cover and chill.

Sprinkle chicken with salt and pepper. Dredge chicken in flour to coat both sides and shake off excess. Heat 1/4 cup of chicken broth in a large skillet over high heat. Add chicken and cook until golden brown, about 3 minutes per side. Stir in olives and capers. Add remaining broth and bring to a boil. Boil until liquid is reduced to a syrup consistency (about 5 minutes), turning chicken over after 3 minutes. Add butter, roasted lemon slices and 2 tablespoons chopped parsley; simmer until butter melts and chicken is cooked through (about 2 minutes). Season with salt and pepper. Transfer to serving platter and sprinkle with the remaining parsley. Makes 4 servings.

Nutrition information per serving: 358 calories; 21 grams carbohydrate; 31 grams protein; 18 grams fat; 1014 mg sodium