



## Garlic-Lemon Chicken



1/4th of recipe (1 chicken cutlet): 239 calories, 8.5g total fat (3.5g sat fat), 248mg sodium, 6g carbs, 1g fiber, 2g sugars, 32.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes    **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

3 tbsp. whipped butter  
3 tbsp. lemon juice  
1 tbsp. chopped garlic  
Four 5-oz. raw boneless skinless chicken breast cutlets  
1 cup chopped sweet onion

#### Seasonings:

1/2 tsp. onion powder  
1/4 tsp. each salt and black pepper

### Directions

Place butter and lemon juice in a small microwave-safe bowl. Microwave for 35 seconds, or until melted. Add garlic and 1/4 tsp. onion powder, and mix until uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Add chicken and onion. Sprinkle chicken with remaining 1/4 tsp. onion powder, salt, and pepper. Cook for 4 minutes, stirring onion occasionally.

Flip chicken. Cook for 2 minutes, stirring onion occasionally.

Add butter mixture. Cook and stir until chicken is cooked through, onion has softened, and butter mixture is evenly distributed, 2 - 3 minutes.

MAKES 4 SERVINGS

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.