



## 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

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



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### 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

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