

Lemon Butter Dijon Chicken (LaurenFitFoodie)

1½ lbs. raw chicken breasts (or chicken tenders)
1 T. olive oil (15g)
2-3 t. lemon pepper seasoning
1 t. salt and pepper, or to taste
½ c. chicken broth (120g)
1/3 c. Dijon mustard (80g)
3 T. lemon juice (45g)
2 T. unsalted butter (28g)
2 T. honey (42g)
Lemon slices, optional for garnishing
Fresh parsley or dill, optional for garnishing

Instructions:

1. Trim chicken of any excess fat and pound with a mallet until all the chicken has the same amount of thickness, this allows chicken to cook evenly (or use chicken tenders). Cut breasts into palm size pieces and season on both sides with lemon pepper seasoning, salt, and pepper.
2. Spray a large skillet with cooking spray and add the olive oil and chicken; cook on medium heat, covered, for 5 minutes without disturbing the chicken while it's searing.
3. After 5 minutes, flip chicken over and sear for another 5 minutes covered, or until both sides are golden brown and the chicken is cooked through. Larger/thicker breasts may need more cooking time.
4. Remove the chicken with a slotted spatula and set on a plate.
5. Add the chicken broth to the skillet, followed by the Dijon mustard, lemon juice, butter and honey. Stir until all ingredients are combined, then reduce heat to simmer and add the chicken back to the skillet. Toss the chicken around to coat in the lemon butter sauce and sauté on low for another 4-5 minutes.
6. Add more honey or salt if desired. Garnish with lemon slices and fresh herbs and serve!