Creamy Lemon Chicken

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Adapted From The Cozy Cook

Serves 4

376 calories

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:636eef99be
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- 4 boneless skinless chicken breasts
- Lemon pepper seasoning
- 1/2 cup all-purpose flour
- 1 cup Parmesan cheese (finely grated, divided)
- 1 teaspoon garlic powder
- 2 Tbsp olive oil
- $-\frac{1}{2}$ cup dry white wine (like chardonnay or pinot grigio)
- 4 cloves garlic (minced)
- 1 $\frac{1}{2}$ cups chicken broth
- 4 cup fat free half and half (at room temperature)
- 1 chicken bouillon cube
- 1 teaspoon mustard powder
- 3 Tablespoons freshly squeezed lemon juice
- 1 Tablespoon cold salted butter. optional
- 1. Place the chicken in a gallon freezer bag (or in between

- saran wrap) and use the textured side of a meat mallet to pound it to $\frac{1}{2}$ inch thick.
- 2. Season with lemon pepper seasoning. You may also season with salt if desired.
- 3. Combine the flour, Parmesan cheese, and garlic powder, on a large plate. Set aside.
- 4. Pat the chicken dry and dredge each side in the flour mixture. Tap off excess.
- 5. Heat olive oil in a large skillet over medium-high heat. Sear the chicken in batches for 4-5 minutes per side, until a golden crust has developed. Set aside and leave brown remnants in the pan.
- 6. Add the wine and garlic. Set heat to medium. Bubble gently for about 4 minutes, until the liquid has reduced by half. Use a silicone spatula to "clean" any remaining brown flecks on the pan while the wine reduces and incorporate it into the liquid for more flavor.
- 7. Add the chicken broth, chicken bouillon, and mustard powder. Bring to a gentle boil and let it simmer for 5 minutes or so, to thicken and concentrate the flavor. Reduce heat to low.
- 8. Add the half and half slowly, stirring continuously.
- 9. Stir in the lemon juice and slowly sprinkle in the 1 cup Parmesan, stirring continuously, until combined. Add the chicken back and let the chicken warm through.
- 10. Optional: Swirl in 1 Tbsp. cold butter to give the sauce a smooth, velvety finish

Main Course Chicken