

Lemon Chicken

Recipe © Amy Shapiro RD CDN, guest contributor

Servings: ~4

Ingredients:

- 1 pound skinless boneless chicken breast tenders
- ½ cup Eggbeaters
- ¼- to ½-cup flour
- Spray olive oil
- ¼ cup white wine
- Juice from 2- to 3 lemons
- 1 tsp. honey

Directions:

1. Heat nonstick skillet coated with cooking spray over medium heat.
2. Coat each cutlet with eggbeaters.
3. Dredge cutlet in flour on both sides.
4. Add to prepared pan and brown on both sides.
5. While chicken is cooking, combine wine, lemon juice and honey in a bowl.
6. When chicken is browned, lower heat to simmer, add the lemon mixture.
7. Simmer about 3 minutes or until chicken is done through.

Nutrition:

 (Serving size: ¼th recipe)

calories: 229

protein: 34.5g

total carbohydrate: 9.8g

total fat: 2.9g

sugars: 2.5

sodium: 102mg

dietary fiber: 0.2g

saturated fat: 0.6g