

# Lemon and Thyme Seared Chicken Breast

Chef *Stephen* of Delaware North

RECIPE MAKES: 4 (4oz) SERVINGS

## INGREDIENTS

- ♥ 1-2 Tbsp. olive oil
- ♥ 5-6 cloves of garlic, minced
- ♥ Zest from 1 lemon
- ♥ ½ tsp. fresh thyme leaves
- ♥ 4 4-oz. boneless, skinless chicken breasts
- ♥ Salt and pepper to taste

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(126g)</b>
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 75mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 26g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 21mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Mince garlic and fresh thyme together, place in small bowl
2. Grate zest of lemon into bowl, and drizzle 1 Tbsp. of oil into bowl. Stir.
3. Place chicken breast in bowl to coat both sides of breast
4. Heat medium sauté pan over medium heat. Place 1 Tbsp. of oil in pan, and when oil is hot place the chicken breasts in the pan
5. Sear both sides and reduce heat to medium. Cook for 4-5 minutes.
6. Check temperature
7. Remove from pan and let cool
8. When ready, slice and serve

Healthy Options

