

Rustic Lemon-Onion Chicken

Author: Melissa d'Arabian, winner of "The Next Food Network Star, 2009"

Carolyn T's
Main Cookbook

Servings: 4



4 pieces boneless skinless chicken breast halves, sliced in half crossways (butterflied, cut all the way through)
1 teaspoon dried thyme, plus 1 small bunch fresh thyme, leaves chopped
Salt and freshly ground black pepper
4 tablespoons olive oil
1/4 cup all-purpose flour
1 whole red onion, thinly sliced
1/4 cup white wine, optional
1 cup chicken broth
3 whole lemons, juiced
2 tablespoons butter
SPINACH BED:
1 pound fresh spinach
1 tablespoon water
1 tablespoon unsalted butter
1 whole lemon, juiced
Salt and pepper to taste

Serving Ideas:

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 426 Calories; 25g Fat (50.7% calories from fat); 34g Protein; 20g Carbohydrate; 5g Dietary Fiber; 92mg Cholesterol; 420mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat.

Description: Tender and juicy, and EASY. It's the lemon juice that makes it, so don't skimp on that part.

1. Season chicken with dried thyme and salt and pepper. Heat a large saute pan over medium heat and add the oil. Dredge the chicken in flour, add to the hot oil and saute until cooked through. Set chicken aside to rest on plate tented with foil.
2. In same saute pan, over low heat, add onions and fresh thyme and cook until aromatic.
3. In a measuring cup, measure out wine, if using, and broth, and add the lemon juice. Turn the heat up to high, and deglaze the pan with the broth mixture until starting to reduce.
4. Remove the pan from the heat and finish the sauce by whisking in butter. Season with salt and pepper, to taste.
5. Place a bed of cooked spinach on a serving platter, top with the chicken. Spoon the sauce over the chicken and serve.
6. SPINACH: Microwave spinach in a microwave-proof dish with a few tablespoons of water on high for 5 to 6 minutes, or until hot. Drain, and toss with butter, lemon juice, and salt and pepper, to taste.