Chicken Breasts with Asian Lemon Sauce

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4 pieces boneless skinless chicken breast halves

Salt and freshly ground black pepper to taste

3 tablespoons vegetable oil

1 tablespoon cilantro, chopped

1 tablespoon fresh ginger, minced

1 clove garlic, minced

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

1 pinch red pepper flakes

LEMON SAUCE:

1 cup low sodium chicken broth

1 cup fresh lemon juice

4 teaspoons lemon zest

12 tablespoons sugar

2 tablespoons low sodium soy sauce

4 tablespoons cornstarch

1/2 teaspoon salt (optional)

4 tablespoons cilantro, minced (garnish)

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 4

1. Trim chicken and pound to an even 1/2-inch thickness. Place chicken in a flat baking dish (or in a ziploc plastic bag). Stir together the oil, silantro, ginger, garlic, lemon juice, zest and red pepper flakes. pour over the chicken, turning to coat. Let stand at room temperature for 30 minutes, or cover and refrigerate for 2-3 hours (no more or it will start to "cook" the chicken).
2. SAUCE: Whisk all ingredients together in a small saucepan, making sure there are no lumps. Bring to a boil over medium heat, whisking constantly, until thickened. Set aside until ready to serve. If it cooks very long it will get too thick, so thin with a tablespoon or so of water to reach a pourable consistency. Reheat over gentle heat until bubbling.
3. Remove chicken from marinade and grill or pan saute for 3-5 minutes per side or until cooked through. Chicken breasts should be cooked to 155°F. Place chicken on heated plates (or a platter) and spoon on the sauce. Sprinkle with cilantro to garnish.

Per Serving (excluding unknown items): 439 Calories; 12g Fat (23.8% calories from fat); 31g Protein; 54g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 780mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 2 1/2 Other Carbohydrates.