Very Lemony Chicken Thighs

Credited to Karen Brosius, Southern Living, June 2010
Adapted from myrecipes.com



1 1/2 pounds boneless skinless chicken thighs
1 teaspoon salt
1/2 teaspoon pepper
1/3 cup all-purpose flour
4 tablespoons butter, divided
2 tablespoons olive oil, divided
1/3 cup chicken broth
1/4 cup lemon juice
8 lemon slices
1/4 cup Italian parsley, chopped
Garnish: lemon slices

Yield: 8 servings

Per Serving (excluding unknown items): 218 Calories; 15g Fat (61.4% calories from fat); 16g Protein; 6g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 508mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Sprinkle chicken with salt and pepper. Lightly dredge chicken in flour, shaking off excess.
2. Melt 1 Tbsp. butter with 1 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Cook half of chicken in skillet 2 to 3 minutes on each side or until golden brown and done. Transfer chicken to a serving platter, and keep warm. Repeat procedure with 1 Tbsp. butter and remaining olive oil and chicken.
3. Add broth and lemon juice to skillet, and cook 1 to 2 minutes or until sauce is slightly thickened, stirring to loosen particles from bottom of skillet. Add chicken pieces back into the pan, coat with sauce by turning each piece over, cover with a lid, reduce heat and simmer for about 20+ minutes, until chicken is tender. You may add the thin lemon slices to the chicken during this cooking process if you'd like.
4. Remove skillet from heat and remove chicken from sauce onto a heated serving platter; to the sauce add parsley and remaining 2 Tbsp. butter, and stir until butter melts. Pour sauce over chicken. Serve immediately. Garnish, if desired with more lemon slices. Serve with rice, pasta or mashed potatoes to soak up some of the delicious lemony sauce.