

LEMON GARLIC CHICKEN SCALLOPINI



Ingredients:

2 large chicken breasts, halved horizontally to make 4
Juice of 1/2 lemon
4 Tbsp flour
garlic salt and pepper to taste
1 Tbsp butter
2 Tbsp oil
1 medium onion, chopped
2 Tbsp minced garlic
1 1/4 cup chicken broth
2/3 cup half and half
1 tsp cornstarch if needed
3 Tbsp lemon juice
2 tsp Italian seasoning (or 1 tsp each oregano and basil)
Lemon slices
1 tsp parsley



Instructions:

1. Heat butter and oil over medium-high heat. Cover chicken with lemon juice, then season with garlic salt and pepper, and dredge with flour.
2. Place in pan and cook through, about 4-5 minutes on each side. Transfer onto warm plate.
3. Saute onion and garlic about 3 minutes. Add chicken broth and reduce heat to simmer for 6 minutes. Add half and half and simmer another 5 minutes.
4. We added spiral zucchini at this point, but this may be overcooked for those who like crisp veggies. In that case, add later or cook separately.
5. Pour in lemon juice and heat 1 minute. Stir in Italian seasoning. Return the chicken to the pan, cover with sauce, and turn off the heat. Serve over rice, pasta, steamed veggies or zucchini noodles. Garnish with parsley and fresh lemon slices.

Recipe presented by: Deborah Anderson

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