



## Baked Lemon Chicken

**Prep: 20 minutes**

**Bake: 10 minutes • Serves: 4**

- 2 garlic cloves, minced
- 1½ tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1½ teaspoons lemon zest
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- 4 boneless, skinless chicken breasts (about 1¼ pounds)
- 1 small lemon
- 1 tablespoon unsalted butter
- ½ cup white wine or less-sodium chicken broth
- Chopped fresh parsley leaves for garnish (optional)

**1.** Preheat oven to 375°. In small bowl, whisk together garlic, lemon juice, oil, lemon zest, paprika, salt and pepper. Place chicken in large zip-top plastic bag; pour lemon mixture into bag. Seal bag, pressing out excess air. Massage ingredients in bag to combine; marinate 10 minutes.

**2.** From lemon, cut four ¼-inch-thick slices. Remove chicken from marinade; discard marinade. In large oven-safe skillet, melt butter over medium-high heat. Add chicken and cook 3 to 5 minutes until 1 side is browned. Remove skillet from heat; turn chicken breasts and top with lemon slices. Bake 10 to 12 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°. Transfer chicken to plate; keep warm.

**3.** Place skillet over medium-high heat. To deglaze pan, stir in wine. With wooden spoon, scrape browned bits from bottom of skillet. Cook 3 to 5 minutes or until wine is reduced by half. To serve, spoon sauce over chicken and garnish with parsley, if desired.

*Approximate nutritional values per serving:  
216 Calories, 8g Fat (3g Saturated),  
80mg Cholesterol, 278mg Sodium,  
3g Carbohydrates, 1g Fiber, 25g Protein*