

Lemon-Thyme Braised Chicken

This dish is a one pan meal that is quick and delicious. The lemon and thyme adds flavor without adding salt. Also, fingerling potatoes add visual interest to the plate. They have a mild nutty flavor and are considered a waxy potato which is great for boiling, baking, roasting and salads. They are low in fat and loaded with vitamin C and potassium. Leave the skin on to increase the fiber.

You may visit the Texas A&M AgriLife Extension Dinner Tonight website at <http://dinnertonight.tamu.edu/recipe/easter-menu-special-main-dish/#more-1130> to watch the video for a complete demonstration.

Ingredients

4 tsp. olive oil
1 tsp. dried thyme
½ tsp. dried rosemary
¼ tsp. salt
¼ tsp. pepper
1/2 lb. fingerling potatoes (or red potatoes)
4-3 oz. chicken breasts (boneless)
2 cloves garlic minced
1 tbsp. lemon juice
1/2 lemon, sliced

Instructions

1. In a large skillet heat 2 teaspoons of oil over medium heat. Stir ½ teaspoon of dried thyme, rosemary, salt, and pepper into the oil. Add potatoes and cook for 8-10 minutes stirring twice.
2. Push potatoes to one side of the skillet and add the remaining 2 teaspoons oil to the other side of skillet. Arrange chicken in the skillet alongside the potatoes. Cook, uncovered for 5 minutes.
3. Turn chicken. Sprinkle garlic and the remaining ½ teaspoon dried thyme over chicken. Add lemon juice and arrange lemon slices on top of the chicken. Cover and cook for 7 to 10 minutes or until chicken is no longer pink (165 degrees F) and potatoes are tender.

Servings: 4 Prep Time: 15 Minutes Cook Time: 10-12 Minutes

Nutritional Information Per Serving:

Calories 230, Total Fat 6g, Cholesterol 66mg, Carbohydrates 18g, Sodium 307mg, Fiber 3g, Protein 29g

Source: Dinner Tonight Website.

For more information on this topic, you may contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences).

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