

PREPARATION: **10** MINUTES COOKING: **50** MINUTES **4** SERVINGS

# Baked Lemon Chicken



Lemon and spices are giving the flavour in this great one-pan meal. Unseasoned chicken breast is lower in sodium and phosphorus than seasoned chicken breast.

## INGREDIENTS

*3 tablespoons all-purpose flour*

*¼ teaspoon pepper*

*2 skinless/boneless, unseasoned chicken breasts, cut in half (400g total)*

*2 tablespoons olive oil*

*1 tablespoon butter*

*1 medium onion, chopped*

*1 cup **NO SALT ADDED** chicken broth*

*¼ cup lemon juice*

*1 teaspoon dried basil*

*½ teaspoon dried thyme*

*4 lemon slices*

*2 tablespoons fresh parsley, minced*

## PREPARATION

1. Preheat (conventional) oven to 350°F.
2. In a shallow bowl, combine flour and pepper. Dredge the chicken. Set the remaining flour mixture aside.
3. In a skillet, heat the oil over medium-high heat and fry the chicken. Place the browned chicken pieces in a baking dish.
4. In a saucepan, melt the butter over medium heat and fry the onion until they are softened.
5. Add the reserved flour mixture to the onion and stir to form a thick paste. Gradually add broth, lemon juice, basil and thyme and mix well.
6. Bring to a boil. Cook and stir for 2 minutes or until the sauce is thick and bubbly. Pour the sauce over the chicken. Top each chicken piece with a lemon slice. Sprinkle with parsley.
7. Cover and bake in the oven for 30 minutes. Serve over rice with green beans and enjoy!

## Nutrient Analysis

### PER SERVING:

1/4 of recipe: half a chicken breast

### RENAL EXCHANGE:

3 Protein

Calories	<b>245kcal</b>
Protein	<b>24g</b>
Carbohydrates	<b>11g</b>
Fibre	<b>1.2g</b>
Total Fat	<b>12g</b>
Saturated Fat	<b>3g</b>
Cholesterol	<b>65mg</b>
Sodium	<b>91mg</b>
Potassium	<b>394mg</b>
Phosphorus	<b>258mg</b>