

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