



## Greek Lemon and Dill Chicken

Lemon and dill come together to create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

4 boneless, skinless chicken breasts, (1-1 1/4 pounds)

3 teaspoons extra-virgin olive oil

1/4 cup onions, finely chopped

3 cloves garlic, minced

1 cup chicken broth

2 teaspoons flour

2 tablespoons dill, chopped fresh

1 tablespoon lemon juice

Salt and pepper

### PREPARATION

Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.