

## Chicken and Mushrooms with Lemon and Garlic

Quick & easy with the bright flavor of lemon!

### Ingredients

4 (3 oz) chicken breasts  
4 Tbls finely ground almond flour  
2 Tbls butter, divided  
8 oz mushrooms, sliced to 1/4"  
2 cloves garlic, minced  
¼ cup chicken broth  
Juice of ½ lemon, cut the remainder in wedges  
Fresh parsley  
Salt & pepper to taste



### Directions

1. Flatten chicken breasts with mallet to about  $\frac{1}{4}$  inch thickness.
2. Dredge chicken in almond flour with very light coating and season with salt & pepper.
3. Heat 1 Tbls butter in skillet and cook chicken on each side until golden brown and cooked through. Remove to warm plate.
4. Melt remaining butter in skillet and add garlic and mushrooms. Cook for 3-4 minutes or until tender and add chicken broth. Cook to reduce sauce a bit and add lemon juice.
5. Spoon mushrooms and sauce over chicken and sprinkle with parsley and lemon wedges to serve.
6. Add your favorite veggie or side salad to round out your meal!

Makes 4 servings

### Nutrition Facts:

Calories 235  
Total Fat 13g  
Total Carbohydrates 2g  
Dietary Fiber 1g  
Protein 27g