

Lemon Chicken

with Creamy Dill Sauce



Whether you are a novice or an experienced cook, you'll love the simplicity of this vibrantly flavored dish. Serve it with brown rice or farro, along with your favorite vegetable. Or serve the tender chicken over a salad.

Ingredients

- 1 1/2 cups fat-free, low-sodium chicken broth
- 1/2 cup dry white wine (regular or nonalcoholic)
- 1 small lemon, thinly sliced
- 1 tsp. dill seeds
- 1 tsp. dried oregano, crumbled
- 1/8 tsp. pepper (freshly ground preferred)
- 4 boneless, skinless chicken breasts all visible fat discarded, flattened to 3/4-inch thickness

Sauce Ingredients

- 1/2 cup fat-free plain Greek yogurt
- 2 tsp. chopped fresh dillweed
- 1/2 tsp. grated lemon zest
- 1 tsp. fresh lemon juice
- 1/8 tsp. pepper (freshly ground preferred)
- 1 medium lemon, thinly sliced
- 4 sprigs of fresh dillweed (stems trimmed to the feathery tops)

Directions

1. In a large, shallow saucepan, stir together the broth, wine, lemon slices, dill seeds, oregano, and pepper. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 5 minutes.
2. Place the chicken in the broth mixture. If necessary, add enough hot water to barely cover the chicken. Increase the heat to medium high and return to a simmer. Reduce the heat and simmer, partially covered, for 8 minutes, or until the chicken is no longer pink in the center.
3. Meanwhile, in a small bowl, whisk together the sauce ingredients.
4. Using a slotted spoon or spatula, transfer the cooked chicken to a cutting board. Discard the poaching liquid. Cut the chicken diagonally across the grain into thick slices. Transfer to plates. Spoon the sauce over the chicken. Garnish with the remaining lemon slices and sprigs of dillweed.

