

Shopping List

Lemon Chicken with Creamy Dill Sauce

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)

