

Lemon Pepper Chicken

Ingredients

- 2 boneless/skinless chicken breasts
- Lemon Pepper (low-salt) seasoning
- Olive oil
- Garlic, chopped
- ½ red bell pepper
- 1 cup orange juice

Directions

1. Heat skillet with olive oil
2. Sauté garlic until translucent (not brown)
3. Sprinkle chicken breast with lemon pepper
4. Place in skillet, brown on each side about 3-4 minutes
5. Slice pepper into strips (about ¼ - ½ inches) and add to skillet, cook with chicken another 5-8 minutes
6. Add orange juice and simmer chicken and pepper in juice for 5 minutes
7. Remove chicken and pepper from pan
8. Simmer orange juice and pan drippings for another 5-8 minutes until reduced slightly
9. Serve with vegetables or salad

Serves 2

Dietician suggests: Use only 1 tablespoon of olive oil to cut down calories and fat

"This was a recipe I put together after being bored with grilled chicken breast and the same old seasoning. As a new heart patient I am trying to stay on a cardiac diet to maintain and improve my health. This dish is light, yet delicious. Orange juice has no trans fat, and the boneless chicken is a good source of protein. Cooking in olive oil also adds a bit of flavor too. The no-salt lemon pepper also keeps the sodium content to a minimum. My husband and I enjoy this chicken, and the sauce also compliments the brown rice I serve with it."

-Kathleen, Monroe Township



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