

Chicken with Lemon and Capers

4-4 ounce skinless boneless chicken breasts
2 tsp olive oil
1 shallot, chopped
1 glove garlic, chopped
2 Tbsp capers, drained
¼ cup fresh lemon juice
¼ cup water
2 Tbsp fresh basil, chopped

Heat oil in medium to large sauté pan. Add shallot and garlic and cook for about 2 minutes. Add chicken and cook each side for about 2 minutes until outside is golden brown. Add lemon juice, capers and water. Cook for another 3 to 5 minutes until chicken is cooked through. Remove from pan and place on plate. Add fresh basil and serve.

Serves 4.

Calories 190 **Fat** 9g **Sat Fat** 2g **Carbohydrate** 4g **Dietary Fiber** 0g **Protein** 23g
Sodium 220mg