



Mediterranean-Style Lemon Chicken
Makes 4 servings

1 Lemon
1 fryer organic chicken, cut up
Salt and Pepper
2 tablespoons grass-fed butter
3 green onions, finely chopped
1 garlic clove, minced
 $\frac{3}{4}$ to 1 cup chicken stock
 $\frac{1}{4}$ cup fresh chopped parsley
1 tsp finely minced fresh basil

Cut rind of $\frac{1}{2}$ lemon in very thin julienne strips and then squeeze lemon juice from rest of lemon into small bowl. *Note: when removing lemon rind for julienne, use only the colored yellow layer, which contains the oils and best flavoring.*

Sprinkle chicken with salt and pepper, place in skillet and sauté in butter.

Remove chicken to separate plate.

Add onions and garlic to skillet, sauté.

Add $\frac{3}{4}$ cup chicken stock, lemon juice and simmer uncovered, until sauce is reduced slightly.

Return chicken to skillet; add parsley, basil and lemon rind. Cover and simmer for 40 minutes or until chicken is tender.

Add more chicken broth during cooking if necessary.

Serve with fresh organic steamed or roasted vegetables or over a bed of wild rice.