



mom's lemon chicken

This Lemon Chicken Recipe is, much like our Mom, the hands-down best. Why is it among our most-requested recipes? The chicken is marinated in white wine and lemon juice, topped with a sprinkle of brown sugar, and baked in a citrus broth mixture to juicy perfection. You better stock up on lemons because this Lemon Chicken is going to become a weeknight staple.

SERVES: 6



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ingredients

Lemon Marinade

- 3/4 cup fresh lemon juice
- 1/4 cup olive oil
- 1/4 cup dry white wine

- 6 boneless, skinless chicken breast halves

- 1/2 cup flour
- 1 tbsp lemon zest
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 4 tbsp olive oil, divided in half
- 1/4 cup packed brown sugar
- 1/2 cup chicken broth
- 1/4 cup fresh lemon juice
- 6 lemon slices

- 1 tbsp toasted sesame seeds, for topping

directions

1. Combine lemon juice, olive oil, white wine and chicken breasts in a large glass bowl. Cover and refrigerate at least 4 hours, but preferably overnight.
2. Preheat oven to 350°F. Coat a 13x9-inch baking dish with non-stick cooking spray.
3. In a medium bowl, combine flour, lemon zest, salt and pepper. Remove chicken from marinade (discard remaining marinade) and lightly coat in flour mixture, shaking off excess.
4. In a large skillet, heat 2 tbsp of the olive oil over medium heat. Add half the chicken breasts and cook until browned, about 3 minutes per side. Transfer browned chicken to the prepared baking dish and repeat with remaining 2 tbsp oil and chicken, adding to baking dish in a single layer.
5. Sprinkle brown sugar over chicken breasts. Pour chicken broth and lemon juice around chicken. Top each breast with a lemon slice and bake for 20 minutes. Garnish with toasted sesame seeds.

