

Lemon Chicken

Ingredients

- 2 tbsp/30 mL cooking oil
- 1 small onion, finely chopped
- 4 chicken breasts, skinned and boned
- 1 tbsp/15 mL **Watkins Organic Parsley**
- 1-1/2 cups/375 mL water
- 2 tsp/10 mL **Watkins Chicken Soup & Gravy Base**
- 1 tbsp/15 mL honey
- Juice of 1 lemon
- 2 tsp/10 mL cornstarch
- 1 tbsp/15 mL water
- Zest of 1 lemon
- Watkins Mediterranean Sea Salt** and **Watkins Organic Black Peppercorns** to taste

Directions

Boil 1-1/2 cups/375 mL water and add Chicken Soup Base. Set aside. Heat oil in large skillet. Add onions. Cook for 3 to 4 minutes. Add chicken breasts and brown lightly. Add parsley, chicken broth, honey, salt and pepper to taste and lemon juice. Cover pan and simmer gently for 20 minutes. Using slotted spoon, remove chicken and keep warm. Blend cornstarch and remaining water to a smooth paste. Add small amount of the cooking liquid and blend. Add mixture to pan and stir until sauce thickens. Serve over rice or pasta.

Recipe from: <http://trustednaturalhomeproducts.com>