



## CREAMY LEMON GARLIC CHICKEN

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Lemon is delicious any time of year, but it especially screams Spring! This lemon chicken recipe, submitted by our daughter, Taylor Tanzar, is a very easy dish made all in one pan. It has a bright citrus flavor that goes well with any cruciferous vegetables or asparagus.

Makes 4 servings. One serving of this recipe is 3 oz. of chicken and 3-4 Tbsp of sauce, covering your protein and fat for one meal.



### INGREDIENTS

1lb. thinly sliced chicken breasts (purchase as cutlets or slice regular boneless chicken breasts in half)

Pink Himalayan salt & black pepper, to taste

1Tbsp avocado oil



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4 cloves garlic, peeled and minced  
1cup organic chicken broth/stock  
1Tbsp fresh lemon juice  
2 Tbsp KerryGold butter  
1/4 cup organic heavy cream  
1Tbsp dill, or 2 Tbsp fresh parsley or basil, chopped, or 1Tbsp fresh thyme  
1/2-1 tsp. Xanthan gum, optional (See NOTE)

## INSTRUCTIONS

Season the chicken with sea salt & pepper on both sides. Set aside. Heat a large skillet to medium heat, then add the avocado oil. Add the chicken to the hot oil, browning on each side until cooked through (approx. 10-15 minutes depending on the thickness of the chicken slices). Remove chicken and keep warm.

Add garlic, sauteing for 1minute, then add the chicken broth/stock and lemon juice, whisking to deglaze the pan. Bring to a boil over medium heat, allowing the broth to reduce by half (about 8-10 minutes).

Add the butter and cream, whisking well, until the butter is melted and mixture is smooth and creamy.

Return the chicken to the skillet and sprinkle with fresh dill, parsley, basil or thyme. Cook for 1-2 minutes to rewarm the chicken.

### NOTE:

If you like a thicker sauce, add a 1/2-1 tsp of xanthan gum right before adding the chicken back into the pan. Start with 1/2tsp and add more if you want it thicker. Be sure to lightly sprinkle it over the sauce while whisking. Otherwise, you will form clumps. Xanthan gum is a fantastic thickener found at most grocery stores. A little goes a long way, and it will last you a very long time. You can thicken any sauce, gravy, soup or stew with it as a replacement for thickening with flour.