

Chicken with Lemon-Dill Sauce



PREPARATION TIME
15 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
grilled eggplant



For about half the cost of a bunch of fresh dill, you can purchase dill seeds. One dill plant will provide plenty of this pretty, lacy herb in warm weather and enough to dry until next year.

SHOPPING LIST

- chicken • mushrooms
- green onions • sour cream
- lemon

ON HAND

- salt • mayonnaise • dried dill

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1/2 teaspoon salt
- 2 cups fresh mushrooms, sliced

SAUCE:

- 1/4 cup reduced-fat mayonnaise
- 1/2 cup fat-free sour cream
- 2 green onions, sliced
- 1/2 teaspoon salt
- 1 teaspoon dried dill
- 2 tablespoons lemon juice

SERVES **4**

COOKIN'
Express

- Purchase presliced mushrooms and shave several minutes from the preparation time.

Make Ahead

You can prepare the sauce in step 3 up to 24 hours in advance to allow the flavors to develop. Refrigerate until ready to serve.

♦ VARIATION

For a French twist, substitute dried tarragon for the dill and reduce the lemon juice to 1 tablespoon.

1 Preheat grill or broiler. Tear off four 18-inch sheets of aluminum foil. Place a chicken breast on each piece of foil. Divide salt and mushrooms among chicken.



2 Wrap chicken securely. Grill or broil chicken until juices run clear when meat is pierced with a knife, about 25 minutes.

3 Meanwhile, for sauce, combine mayonnaise, sour cream, green onions, salt, dill and lemon juice in a bowl; stir with a fork until well combined.



4 To serve, cut an "X" in top of foil; fold back. Top chicken with sauce.