

Lemon-Pepper Chicken



PREPARATION TIME
5 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
grilled zucchini



Boning your own poultry is an option to purchasing boneless chicken. Save the trimmings and make homemade stock. Just boil the bones and chicken trimmings in enough water to cover.

SHOPPING LIST

- chicken
- lemon-pepper seasoning

ON HAND

- olive oil

INGREDIENTS

- 2 tablespoons lemon-pepper seasoning
- 1/2 cup olive oil
- 3 pounds skinless, boneless chicken breasts

SERVES 6

COOKIN' Xpress

- Make this quick entrée even quicker by pounding the chicken to a 1/2-inch thickness with a meat mallet. The thinner meat will cook about 5 minutes faster.

Make Ahead

Chop leftover Lemon-Pepper chicken for a special chicken salad. Just mix in chopped celery, onion and mayonnaise; season to taste.

VARIATION

Use whole pork tenderloins instead of the chicken pieces for a new recipe idea to use any night of the week.

- 1** Preheat grill or broiler. Combine lemon-pepper and oil in a small bowl.



- 2** Place chicken pieces in a shallow dish. Drizzle oil mixture over chicken; turn chicken to coat well.

- 3** Grill chicken for about 20 minutes, turning several times and basting with lemon-pepper mixture.



- 4** Chicken is done when juices run clear when meat is pierced with a knife.