

Lemon Basil Chicken



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 - 6

Ingredients:

- 1 ½ - 2 lbs. Organic Chicken Breast – Cut into Half or Thirds
- 3-4 TBSP Extra Virgin Olive Oil
- ¾ Cup Cassava Flour (or any other Gluten Free flour)
- 1 Teaspoon Himalayan Sea Salt
- ¼ Teaspoon Black Pepper
- 1 Teaspoon Dried Basil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Thyme
- 1 Teaspoon Cumin
- 1 Teaspoon Dried Parsley
- 4-5 TBSP Fresh Squeezed Lemon Juice
- 2 Eggs with ½ Cup Water
- 2 TBSP Fresh Basil Sliced Thin Long-Ways (*Optional for Topping*)

Instructions:

1. On a dinner size plate add the flour, salt, pepper, dried basil, garlic powder, onion powder, thyme, cumin, and parsley. Mix with spoon until combined.
2. In a medium size bowl, add eggs and water – scramble lightly.
3. Tenderize chicken lightly by placing in Ziploc/cover with paper towel and pound with tenderizer.
4. Place chicken in egg bowl – completely immersing. Then roll in flour mixture – covering all sides.
5. In a large sauté pan add the extra virgin olive oil. Warm on medium until get slight sizzle.
6. Slowly add the battered chicken to pan. Cook until golden about 6-8 minutes and then turn over.
7. Immediately drizzle lemon juice over all chicken. Cook another 6-8 minutes and cooked through to 165 F. Let sit 5-10 minutes before slicing.
8. Serve with roasted or steamed broccoli, brown rice, gluten free pasta or a sweet potato.

TIP: Add broth rather than more oil to the pan. Will save you lots of calories.

***Try and use all organic ingredients if possible.**

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