

QUICK & EASY - LEMON THYME CHICKEN BREASTS

“A wonderful no—salt, low—fat, quick entree. ***Be prepared for seconds on this!***”

INGREDIENTS:

4 chicken breasts (boned and skinned)
1/4 C. flour - mixed with
1 T. Mari-Mann[™] Annie's All Purpose Seasoning
1-2 T. Mari-Mann[™] Spartan olive oil
3/4 Jar. Mari-Mann[™] Lemon Thyme Jelly
1/4 C. Mari-Mann[™] Raspberry Wine Vinegar

INSTRUCTIONS:

Flatten the chicken breasts. Dust both sides with flour and Annie's Seasoning. Sauté in oil until lightly browned. Remove breasts and deglaze pan with Mari-Mann[™] Lemon Thyme Jelly and Raspberry Wine Vinegar. Place chicken back into pan or baking dish and pour jelly and vinegar mixture over the chicken. Cook on low, simmer until done or bake in baking dish of 325° about 20 minutes.