

## 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

1 T. Mari-Mann™ Annie's All Purpose Seasoning

1-2 T. Spartan or Other High Quality Mari-Mann™ Olive Oil

3/4 Jar. Mari-Mann™ Lemon Thyme Jelly

1/4 C. Mari-Mann™ Raspberry Wine Vinegar

### INSTRUCTIONS:

Mix Flour with Mari-Mann™ Annie's All Purpose Seasoning. Flatten the chicken breasts. Dust both sides with flour mixed with 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.