

LEMON CHICKEN

6-8 pieces frying chicken (breasts, legs, thighs) I 1
1 whole lemon
1/3 cup flour
1 1/2 tsp. salt
1/2 tsp paprika
4 tbs salad oil or shortening
2 tbs brown sugar
1 lemon thinly sliced
1 cup chicken broth
2 sprigs fresh mint

Wash chicken and drain on paper towels. Grate lemon peel and set aside; cut lemon in half and squeeze juice over chicken pieces rubbing each piece with the juice. Shake in paper bag with flour, salt, and paprika. Brown chicken slowly in salad oil. Arrange in baking pan or casserole dish.

Sprinkle grated lemon peel over chicken, add brown sugar and cover with sliced lemon. Pour in broth and place mint on top. Cover and bake in moderate oven (375 degrees) until chicken is tender (40-45 min.). Remove mint before serving. Serves 6-8

Low Fat Version:

6-8 skinless boneless chicken breasts or equal amount chicken tenders
1 whole lemon 2 T brown sugar
1 tsp salt and paprika 1 lemon thinly sliced
1 tsp chopped garlic 1 cup fat free chicken broth
4 T canola oil 2 sprigs mint

Wash chicken and drain on paper towels. Grate peel from lemon and set aside; cut lemon in half and squeeze over chicken. Rub juice, garlic, salt and paprika into chicken. Saute chicken slowly in oil and arrange in baking dish.

Sprinkle grated lemon peel and brown sugar over the chicken and cover with lemon slices. Pour in broth and place mint on top. Cover and bake until chicken is tender (30 min. at 375 degrees). Remove mint and serve over brown rice.