

Lemon Chicken

Recipe provided by Becky Tello

8-inch Skillet with Cover

1-quart Mixing Bowl (from 4-piece Mixing Bowl Set)

Yield: 4 servings

Ingredients:

4 chicken breasts, boneless and skinless
4½ tablespoons sugar
4½ tablespoons chicken stock
4½ tablespoons lemon juice
¾ teaspoon salt
1½ teaspoons sesame oil
2 teaspoons cornstarch
1 lemon rind, grated
4 drops lemon extract

Directions:

1. Preheat 8-inch Skillet on medium-high heat until surface is hot enough to bead water droplets; brown and sear chicken breasts on both sides. Cover and cook until done (10 to 15 minutes).
2. While chicken breasts are cooking, mix all other ingredients in the 1-quart Mixing Bowl.
3. When chicken breasts are done, cook mixture on high heat until thick, stirring constantly.
4. Pour lemon sauce over cooked chicken breasts. Serve hot.