Lemon Chicken with Broccoli

**POINTS® Value:** 3
**Servings:** 4
**Preparation Time:** 10 min
**Cooking Time:** 10 min
**Level of Difficulty:** Easy

An easy weeknight dinner. Great with a side of angel hair pasta, rice or couscous.

### Ingredients

- 2 Tbsp all-purpose flour
- 1/2 tsp table salt, divided
- 1/4 tsp black pepper, freshly ground
- 12 oz uncooked boneless, skinless chicken breast, thinly sliced
- 2 tsp olive oil
- 1 1/2 cup(s) fat-free, reduced-sodium chicken broth, divided
- 2 tsp minced garlic
- 2 tsp lemon zest, or more to taste
- 2 Tbsp parsley, fresh, chopped
- 1 Tbsp fresh lemon juice

### Instructions

- On a plate, combine 1 1/2 tablespoons of flour, 1/4 teaspoon of salt and pepper; add chicken and turn to coat.

- Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate.

- Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scrapping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.

- In a small cup, stir together remaining 1/2 cup of broth, 1/2 tablespoon of flour and 1/4 teaspoon of salt; add to skillet and bring to a simmer over low heat.

- Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1 1/2 minutes. Stir in chicken and lemon zest; heat through.

- Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields about 1 cup per serving.