



**A DAB  
WILL DO**

Butter, unlike oil, rounds out any sharp flavors from the lemon juice and helps thicken as it emulsifies into the sauce. Two tablespoons are all that's needed to transform this rich pan sauce into silk.

**CHICKEN AND CARROTS  
WITH LEMON BUTTER SAUCE**

**Hands-on: 32 min. Total: 32 min.**

*Stir in the butter with a whisk or wooden spoon, basting the pan as it melts to help the sauce emulsify. For the best sauce-to-bird ratio, cut the chicken into slices before finishing the dish with the sauce.*

- 1 tablespoon canola oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- $\frac{3}{4}$  teaspoon kosher salt, divided
- $\frac{3}{8}$  teaspoon freshly ground black pepper, divided
- 12 ounces ( $\frac{1}{2}$ -inch-thick) diagonally cut peeled carrot (about 2 cups)
- 3 tablespoons minced shallots
- 1 tablespoon chopped fresh thyme
- $\frac{1}{2}$  cup dry white wine
- 1 cup unsalted chicken stock
- 2 tablespoons unsalted butter
- 2 tablespoons chopped fresh flat-leaf parsley
- $\frac{1}{2}$  teaspoon fresh lemon juice

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Add chicken to pan. Cook 4 minutes or until browned on one side. Turn over; place pan in oven. Bake at 400° for 8 minutes or until a thermometer registers 160°. Remove chicken from pan; keep warm.
3. While chicken cooks, arrange the carrots in a vegetable steamer; steam 7 minutes or until tender. Remove from

- steamer; sprinkle with  $\frac{1}{4}$  teaspoon salt.
4. Return skillet to medium-high heat. Add shallots and thyme; sauté 1 minute. Add wine. Bring to a boil; cook until reduced by half. Add stock. Bring to a boil, and cook 5 minutes or until reduced to  $\frac{1}{3}$  cup. Reduce heat to low. Add butter, stirring constantly with a whisk until butter melts. Remove from heat. Add remaining  $\frac{1}{4}$  teaspoon salt, remaining  $\frac{1}{8}$  teaspoon pepper, parsley, and juice, stirring with a whisk. Divide carrots evenly among 4 plates; top with chicken. Spoon sauce over chicken and carrots.

**SERVES 4** (serving size: 1 breast half, about  $\frac{1}{2}$  cup carrots, and about 2 tablespoons sauce)  
**CALORIES 349; FAT 139g** (sat 4.9g, mono 5g, poly 2g);  
**PROTEIN 39g; CARB 11g; FIBER 3g; CHOL 124mg;**  
**IRON 1mg; SODIUM 653mg; CALC 55mg**