

Chicken with Lemon and Fennel

Diabetes Friendly

Serves 4

Ingredients

- 1 tablespoon olive oil
- 4 (5-ounce) skinless, boneless chicken breast halves
- 1 bulb fresh fennel, small diced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon white wine vinegar
- 1 teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 garlic clove, crushed

Nutrition Facts

Serving Size: 1 chicken breast

Amount Per Serving		% Daily Value*
Calories	206.5 kcal	10 %
Total Fat	7.1 g	11 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
Cholesterol	103.4 mg	34 %
Sodium	364.9 mg	15 %
Total Carbohydrate	1.7 g	1 %
Dietary Fiber	0.5 g	2 %
Sugars	0.6 g	
Protein	32.1 g	64 %
Vitamin A	1 %	Vitamin C 8 %
Calcium	2 %	Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Heat olive oil in a large nonstick skillet over medium-high heat. Add the fennel and sauté for 2-3 minutes until wilted and starts to caramelize.
2. Sprinkle the chicken with salt and pepper. Add the chicken to pan and cook 3 minutes on each side.
3. Add vinegar, zest, juice, and garlic. Cover, reduce heat, and simmer mixture 5 minutes or until chicken is done.

