Lemon Chicken with Thyme

RECIPIES BY DEBBIE MOED

This delicious and easy meal comes courtesy of Debbie Moed, AMIT’s immediate past president. Along with a main and side dish, Debbie added a cocktail to complete the meal. B’tayavon! (1 of 3)

INGREDIENTS

3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
4 skinless, boneless chicken cutlets (1-pound total)
Olive oil
1 medium onion
1 cup chicken broth
3 tablespoons lemon juice
½ teaspoon thyme
Lemon wedges (optional)
2 tablespoons chopped parsley (optional)

DIRECTIONS

1. On a large plate or gallon plastic bag combine flour, salt and pepper, and shake to mix. Add the chicken and shake to coat lightly. Remove the chicken and reserve the excess seasoned flour.

2. In a large skillet, warm ¼-inch olive oil and brown chicken on both sides, about 5 minutes per side. Transfer the chicken to a flat pan covered in paper towel and set aside.

3. Pour off most of the oil, leaving the pan coated along with the browned bits, over low heat.

4. Coarsely chop the onion. Raise the heat on the reserved oil in the pan, if you need to, add more oil or use Earth Balance or another kind of “healthy margarine.” Add the onion and cook, stirring, until softened, 2-3 minutes.

5. Stir in the reserved seasoned flour and cook, stirring, until the flour is completely incorporated, about 1 minute.

6. Add the broth, the lemon juice, and the thyme and bring the mixture to a boil, stirring constantly.

7. Return the chicken to the skillet, reduce the heat to medium-low and cover the skillet. Cook until the chicken is tender and opaque throughout, about 5 minutes Serve the chicken with lemon wedges and a sprinkling of parsley, if desired.

Serves 4
Potato-Green Bean Salad

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**INGREDIENTS**

- 25 mini potatoes
- 10 peeled garlic cloves
- 1 to 2 cups fresh raw green beans, cut in half
- Olive oil
- Vinegar
- Salt and pepper
- Fresh cilantro or parsley

**DIRECTIONS**

1. Toss about 25 mini potatoes and 10 peeled garlic cloves in olive oil and season with salt and pepper.
2. Roast at 425 degrees F. for 30 minutes, or until fork tender.
3. When cooled, add ¾ cup chopped fresh cilantro or parsley and 1 to 2 cups of fresh, raw green beans that are cut in half.
4. Dress with 1 tablespoon vinegar and 1 tablespoon olive oil.

Serves 4
Cucumber Spritzer

**INGREDIENTS**
- Cucumber
- White wine
- Seltzer
- Fresh mint

**DIRECTIONS**
1. Use a vegetable peeler to make a long, wide cucumber “ribbon” to line the inside of a wine glass.
2. Add ice to the glass, then add equal parts white wine and seltzer.
3. Garnish with fresh mint.

Serves 4