

Lemon Chicken

Serves 4

1 pound skinless boneless chicken cutlets
½ cup eggbeaters
¼-½ cup flour
Spray olive oil
½ cup white wine
Juice from 2-3 lemons
1 tsp honey

Heat nonstick skillet coated with cooking spray over medium heat
Coat each cutlet with eggbeaters
Dredge cutlet in flour on both sides
Add to prepared pan and brown on both sides
While chicken is cooking, combine wine, lemon juice and honey in a bowl
When chicken is browned, lower heat to simmer, add the lemon mixture
Simmer about 3 minutes or until chicken is done through

Per serving:
314 calories
42.5 g protein
16.2 g carbohydrates
5.6 g fat
1.5 g sat fat
103.7 g cholesterol
94 mg sodium