



Chicken with Lime Butter

The Washington Post

I added the lime zest to the Post's original recipe. They recommend serving this with sauteed carrots or green beans. I paired it with Alton Brown's Ginger Glazed Carrots.

- 4 boneless, skinless chicken breast halves, trimmed of tenderloins and excess fat
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 to 2 tablespoons canola oil (I edited this down from the original 3 to 4 tablespoons in WaPo's recipe)
- 2 tablespoons lime juice
- zest of one lime
- 3 to 4 tablespoons butter
- 1/2 teaspoon minced chives, plus more for garnish

Preheat oven to 350 degrees. Pat chicken dry and season with salt and pepper.

Heat oil in a large ovenproof skillet over medium heat. Add the chicken and cook for about 3 minutes, or until lightly browned. Use tongs to turn chicken over and cook for 1 minute or until lightly browned on the other side.

Transfer the skillet to the oven and bake for 5 to 7 minutes, or until the chicken is firm to the touch and its internal temperature taken with an instant read thermometer registers 165 degrees. Transfer the chicken to a plate and cover loosely with foil.

Drain any excess juices and fat from the skillet, then return skillet to the stove top (remember, the handle of your skillet is going to be HOT). Add the lime juice and zest and heat over medium-low heat. Add the butter, stirring or whisking constantly until melted, to form an almost opaque sauce. Remove from the heat, add the herbs, and stir to combine.

Spoon sauce over each chicken breast and serve.

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