



Lori's Spring Garlic-Lemon Chicken

Serves 8

Preheat oven to 300 degrees

Prep ½ hour, cooking time = 1 ½ - 2 hrs

Lowfat, juicy, very flavorful

2 cups breadcrumbs (plain)
1 tsp. kosher salt
1 tsp. lavender salt
fresh ground pepper
½ tsp. cayenne pepper
½ tsp. garlic powder
2 tsp. herbes de Provence
2 lemons washed, zested, then sliced thin
4 boneless chicken breasts
8 boneless chicken thighs
1 whole bulb of garlic, peeled and sliced thin
1 red onion sliced thin
1 cup dry white wine
1 lemon, juiced
peanut oil as needed for browning

In shallow pan add breadcrumbs, the spices and the zest from the lemons and mix together. Wash the chicken, place on towel but do not pat dry. Get the fry pan nice and hot with 1-2 tbl. peanut oil. Dredge a few pieces of chicken in the breadcrumb batter and quickly fry until brown on both sides. Remove chicken onto paper towels to remove excess oil. Do this until all chicken is browned.

In a large Dutch oven spray with Pam and place 3-4 slices of onion on the bottom of the pan. Layer ½ of the chicken on top of the onion, with the remainder of the onions, half of the lemons and half of the sliced garlic on top of the chicken. Add the final layer of chicken and the rest of the garlic and lemon on top. Return the fry pan that you browned the chicken in and get it nice and hot. Add the cup of white wine and the fresh lemon juice to the fry pan. Using a wooden spoon stir up all the goodies from the bottom of the pan. Let this simmer and stir occasionally for 3-5 minutes. Slowly pour this sauce over and around the chicken in the pot. Cover the pot and place in the oven for 1 ½ hours. Check the chicken. If done remove and let sit for about 10-15 minutes. Serve with fresh steamed or sautéed vegetables like broccoli, asparagus or zucchini. If you need more starch serve it with steamed brown rice cooked with lemon and more herbes de Provence.

This dish pairs quite nicely served with the Hidden Creek 2005 North Coast Sauvignon Blanc.