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BUTTERY LEMON CHICKEN

(Serves 3-4)

3 chicken breasts, tenderized
5 green onions
2 cans mushrooms, drained
1 T. olive oil
1/3 c. lemon juice
2 T. butter
Garlic salt
Garlic pepper
Brown rice

Tenderize chicken breasts.

Salt and pepper chicken breasts.

Sauté in olive oil until 75% done (lightly brown), turning over twice.

Add mushrooms and butter; sauté for 2 minutes.

Add green onions; sauté until transparent.

Remove from heat.

Drizzle lemon juice over top.

Serve over brown rice.