



*cara price*

## LEMON PEPPER CHICKEN

### INGREDIENTS

- 8 pieces, thin sliced chicken breast {boneless & skinless}
- 1/3 cup olive oil
- 2 tablespoons coconut flour
- 1 tablespoon arrowroot flour
- 1 tablespoon + 1 teaspoon lemon pepper seasoning {salt free & sugar free}
- 1 teaspoon salt
- 1 small jar {about 3.5 ounces} capers, drained

For the sauce:

- 1/4 cup lemon juice
- 1 tablespoon dijon mustard
- 1 tablespoon honey

### DIRECTIONS

combine coconut flour, arrowroot flour, lemon pepper seasoning & salt. dredge chicken pieces, coating well. do not discard remaining flour mixture.

combine the lemon juice, dijon mustard & honey in a small mixing bowl & set aside.

in the bottom of a large skillet, heat olive oil over medium-high heat. brown chicken pieces about 2-3 minutes per side. remove chicken to a plate & keep warm.

add remaining flour into the bottom of the pan & quickly stir, then pour in the lemon juice mixture & immediately turn heat to low.

add chicken back into pan & sprinkle capers over the top of the chicken.

cover the skillet & continue to cook on low for 15 minutes.

serve immediately.