

# Sautéed Chicken with Sage Browned Butter

## Ingredients

- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray
- 1/2 cup all-purpose flour
- 3 tablespoons butter
- 2 sage sprigs
- 1 tablespoon minced shallots
- 1 teaspoon chopped fresh thyme
- 2 tablespoons lemon juice
- Fresh sage leaves (optional)

## Preparation

Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper. Heat a large skillet over medium-high heat; coat with cooking spray. Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; sauté for 4 minutes on each side or until done. Remove chicken from pan.

Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage. Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken. Garnish with sage leaves, if desired.