

Chicken Marmalade

Ingredients

2 (6 oz.) boneless skinless chicken Breast halves	1 Tbsp olive oil
½ tsp lemon pepper, divided	1 Tbsp butter
¼ tsp salt	¼ tsp garlic powder
1 large onion, thinly sliced	2 Tbsp orange marmalade

Directions

- 1. Flatten chicken to ¼ inch thickness. Sprinkle with ¼ tsp lemon pepper and salt; set aside.**
- 2. In a large skillet, sauté onion in oil and butter until tender. Sprinkle with the garlic powder and remaining lemon pepper. Remove the onion and keep warm.**
- 3. In the same skillet, cook chicken over medium heat for 3 minutes on each side or until browned. Spread marmalade over chicken. Return onion to the pan. Reduce heat; cover and simmer for 2-3 minutes or until the marmalade is melted and chicken juices run clear.**