

Foodnity Recipes

Garlic Butter Chicken Skillet

10 min Prep time	**18 min** Cook time	**28 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts (1.5 lbs total)
- [ ] 2 tablespoons olive oil
- [ ] Salt and freshly ground black pepper, to taste

The Garlic Butter Sauce

- [ ] 4 tablespoons unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1 cup low-fat chicken broth
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried oregano

Garnish and Options

- [ ] 2 tablespoons fresh parsley, chopped
- [ ] Optional: 1 cup sliced mushrooms

Instructions

1. Start by seasoning your 4 boneless skinless chicken breasts (1.5 lbs total) with salt and freshly ground black pepper, to taste. I like to be generous here; it really makes the flavors pop, honestly.
2. Warm up 2 tablespoons olive oil in a large skillet over medium-high heat. Once it's shimmering, sear the chicken until golden brown on both sides. If you're using the optional: 1 cup sliced mushrooms, toss them in now to get a bit of that lovely color.
3. Lower the heat a bit and stir in 4 tablespoons unsalted butter. Once it's melted and bubbling, add 4 cloves garlic, minced, and let it fragrance the whole kitchen for about a minute. Wow, that smell is just the best.
4. Pour in 1 cup low-fat chicken broth, 1 tablespoon fresh lemon juice, 1 teaspoon dried thyme, and 1 teaspoon dried oregano. Let everything simmer together gently until the sauce thickens slightly and the chicken is cooked through.
5. Just before serving, sprinkle in 2 tablespoons fresh parsley, chopped. It adds such a bright, fresh finish to the rich sauce. So simple, yet so comforting.

Nutrition per serving

320 kcal	34 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the chicken dry with paper towels before seasoning to get a better sear.
- Don't let the garlic brown too much or it can turn bitter, just a quick sauté is plenty.
- The lemon juice is key—it cuts through the richness of the butter beautifully.