

Foodnity Recipes

Lemon Chicken Romano – Crispy Tangy Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts (about 1½ lbs)
- [ ] ½ cup all-purpose flour
- [ ] ½ cup grated Parmesan Romano cheese
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp fresh lemon juice
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 2 tbsp olive oil
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley, chopped for garnish

For the Sauce

- [ ] ¼ cup chicken broth
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey (optional for a hint of sweetness)
- [ ] Additional lemon zest for finishing

Instructions

1. Pat the chicken dry, then season both sides with salt and pepper.
2. Combine flour and half of the grated cheese in a shallow dish; dredge each chicken piece, shaking off excess.
3. Heat butter and olive oil in a large skillet over medium-high heat until foamy.
4. Add the chicken, cooking 4-5 minutes per side until golden brown and cooked through; remove to a plate and keep warm.
5. In the same skillet, add minced garlic and sauté 30 seconds, then deglaze with lemon juice and chicken broth, scraping up any browned bits.
6. Stir in Dijon mustard, honey if using, and the remaining cheese; let the sauce thicken, then return chicken to the pan, coating it well. Sprinkle lemon zest and parsley just before serving.

Nutrition per serving

420 kcal	42 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier note, add a pinch of red pepper flakes with the garlic.
- For a richer sauce, increase the butter by one tablespoon.
- Check internal temperature; it should read 165°F (74°C). Slow-cooker tip: you can adapt the flavor for a slow-cooker version.