



cara price

LEMON THYME CHICKEN

INGREDIENTS

- 3 pounds boneless, skinless chicken thighs
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon honey
- 1 tablespoon dijon mustard
- 1 tablespoon coconut flour
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon granulated garlic
- optional: fresh thyme for garnish

DIRECTIONS

in a medium size bowl, combine coconut flour, granulated garlic, salt & pepper.

dredge the chicken in the flour mixture & set aside.

in a large skillet, heat the olive oil over medium high heat. once the oil is heated, brown the chicken ~ about 3 minutes per side, working in batches as necessary.

mix the lemon juice, honey & dijon mustard together in a small bowl, then pour over chicken. reduce heat to low & cover for 15 minutes.

check chicken to make sure it is completely cooked. serve immediately.