



My Grandma served this to us when we visited over Christmas and it was so good! She served it with broccoli, a green salad and a yummy fresh fruit salad, along with rice for the non-SCDers. The recipe came from her local newspaper a long time ago.



Chicken with Lime Butter

6 boneless, skinless chicken breasts
1/2 tsp. salt
1/2 tsp. pepper
1/3 c. oil
3 Tbs. lime juice
1/2 c. real butter
1 Tbs. minced green onion
1 tsp. dill weed

Sprinkle chicken on both sides with salt and pepper. In a large skillet, heat oil, then add chicken and sauté one side until lightly browned, about 4 minutes. Turn chicken, then cover pan. Reduce heat to low and cook 10 minutes or until juices run clear when pierced. Remove from pan and keep warm. Drain off fat.

Add lime juice to skillet and cook over low heat until juice begins to bubble. Add butter, and cook and stir until mixture becomes opaque and thickened. Stir in green onions and dill. Spoon sauce over chicken. Makes 6 servings.

