



KETO Creamy Lemon Chicken w/ Cauliflower Rice

Legenia Spiller Bearden

Ingredients:

- 4 thinly sliced chicken breast
- 1 med. onion (chopped)
- 1 tsp. chopped garlic
- 1 tbsp. fresh lemon juice
- ½ cup heavy cream
- 2 tsp. cream cheese (softened)
- 2 cups chicken stock
- 2 tbsp. butter
- 1 tsp. dried thyme
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- salt (to taste)
- pepper (to taste)
- olive oil

Instructions:

1. Season chicken breast w/ salt, pepper, garlic and onion powder
2. Add 2 tbsp. of olive oil and 1 tbsp. butter to skillet
3. Brown chicken for Approx. 4 minutes on each side
4. Remove from skillet
5. Add onion and dried thyme to skillet / cook until onion has softened
6. Add garlic and cook for Approx. 30 seconds
7. Add chicken broth, stir, and let simmer for 5 min
8. Add heavy cream, cream cheese, remaining butter and lemon juice. (Allow to simmer on low heat for 8-10 minutes or until sauce has thickened and become smooth and creamy)
9. Return chicken to the skillet and simmer for another 8 minutes. Plate and ENJOY!