

# Lemon Pepper Chicken I

A simple, single-serving lunch or dinner. Chicken breasts sauteed with butter, fresh lemon juice and fresh ground black pepper. That's it - and that's enough for this tasty, tangy lemony peppery dish.

Recipe by [Fred Harper](#) | Created on **Nov 14, 2021**

## Ingredients

- 2 teaspoons butter
- 1 tablespoon ground black pepper, divided
- 1 skinless, boneless chicken breast half
- 1 tablespoon fresh lemon juice

## Directions

- Melt butter in a small skillet. Pepper the skillet with 1/2 tablespoon of the pepper, then lay the chicken breast onto the pepper. Squeeze fresh lemon juice onto the chicken, then season with the remaining pepper.
- Saute chicken breast for about 5 to 7 minutes, then turn to the other side, squeeze lemon juice onto the other side and saute for another 5 to 7 minutes (or until chicken is cooked through and juices run clear).

## Nutrition Facts

Serving: **1 serving** | Calories: **221.6 kcal** | Carbohydrates: **5.5 g** | Protein: **28.1 g** | Saturated fat: **5.6 g** | Cholesterol: **89.9 mg** | Sodium: **137.3 mg** | Fiber: **1.8 g** | Sugar: **0.4 g**

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