

Quick and Easy Chicken

Nutrition Facts:	
Yield	4
Calories	292
Fat	1.75 g
Sodium	1000 mg

Code
\$, Q, DF



Ingredients Needed:

2 Tbsp. olive oil
1 onion, chopped
4 skinless, boneless chicken breasts, halved
3 Tbsp. ketchup
2 Tbsp. soy sauce
3 Tbsp. white sugar
2 Tbsp. lemon juice
1 tsp. ground black pepper

Recipe Directions:

- Sauté onion in oil until translucent.
- Add chicken, brown lightly.
- Combine ketchup, soy sauce, sugar, lemon juice, and pepper in a bowl and mix well.
- Pour over chicken and bring to a boil.
- Cover and reduce heat; simmer for 25-35 minutes, or until chicken is cooked thoroughly.

