

Garlic Chicken (Pan Seared)

2-3 GREEN ONION CHOPPED

2 TBSP MINCED GARLIC

3 TBSP. OF OLIVE OIL

In a hot skillet combine the above ingredients cook stirring constantly until garlic is light golden brown. (Do not overbrown garlic or it will taste bitter) Place in bowl to use later.

3 TBSP. OLIVE OIL.

1.5 LB OF BONELESS CHICKEN BREAST

LIGHTHOUSE DRIED POULTRY SEASONING

2 TBSP SHERRY

Butterfly chicken breasts.

Rub chicken breast down well with olive oil. Add chicken to hot skillet. Sprinkle dried herbs on chicken and cook for 5 minutes on med/high. Flip the chicken and cook for 4 minutes. Add the garlic/scallion mixture. Add 2 tbsp. sherry. Cook one more minute. Turn eye or heat element off and let the chicken rest for 5 minutes before serving. Serves 4-5

Chicken needs to reach to 170 degrees F in middle portion.