When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh shallots and lemon by gently rubbing under cold, running water. Prewashed, packaged items do not require further washing. Do not rinse raw poultry.

**INGREDIENTS**

- 1 pound boneless skinless chicken breasts
- ¼ cup flour
- 2 Tablespoons olive oil, divided
- ½ cup minced shallot or onion
- 1 cup unsalted chicken stock
- ½ teaspoon lemon juice
- 1 Tablespoon Everyday Salt-Free Seasoning Blend (see recipe)
- ¼ teaspoon salt
- ½ cup canned nonfat evaporated milk

**DIRECTIONS**

1. In a bowl or zip-top bag, combine chicken and flour. Toss until chicken is evenly coated. Rewash hands with soap and water.
2. Heat 1 Tablespoon of oil in a large skillet over medium heat. Add chicken and rewash hands with soap and water. Sear chicken on both sides until golden brown and the internal temperature reaches 165°F on a food thermometer. Remove from pan and keep warm.
3. Add the remaining 1 Tablespoon of oil to the skillet. Add shallots and sauté until softened.
4. Add chicken stock and lemon juice to deglaze the bottom of the skillet, scraping the bottom of the pan to loosen the brown bits and incorporate them into the sauce. Stir in seasoning blend and salt. Bring to a boil. Continue boiling and stir often until the mixture is reduced by half, about 3–4 minutes.
5. Reduce heat and stir in evaporated milk. Simmer until slightly thickened, about 1 minute.
6. Return chicken to pan and coat in sauce.

Continued
TIPS

• This is a great starter sauce. When cooking the shallots or onions, other vegetables like mushrooms or spinach can be added or substituted.

• Make sure additional vegetables have as much moisture cooked out of them as possible.

• The flavor of this sauce can be changed based on what spices are added. For example, pairing Cajun seasoning with peppers and onions provides a different flavor.

• Wine can be substituted for chicken stock.