

Drunken Chicken

SOURCE: www.lowcarbluxury.com/recipes

Ingredients:

4 boneless/skinless chicken breasts **OR** 4 split fryer breasts - skinned.

1 TBS Butter

1/2 small onion, minced

1 clove garlic, crushed

1 TBS parsley

1 TBS Brown Sugar Twin

1 TBS mustard

1/2 C chicken stock

1/4 C red wine

4 TBS Gin

DIRECTIONS:

Melt butter - sauté chicken till browned - transfer to ovenproof dish. Cook onion till soft. Purée remaining ingredients together - then add to pan - heat through - pour over chicken - cover dish.

Bake 15-20 minutes at 350°F for boneless breasts and 30-40 minutes for bone-in split breasts.

Serves 4

Less than 1 gram of carbs per serving