

# LEMON AND HERB CHICKEN MEDALLIONS

## Ingredients

- 2 chicken breasts, cut into 1" slices
- 1 tbsp coconut oil
- 1 tsp dried sage
- 2 tbsp lemon juice
- Salt and pepper

## Directions

1. Cut your chicken into 1 inch chunks.
2. Season with sage, salt and pepper.
3. In a medium skillet heat to medium high, add coconut oil. Add chicken and cook 4 minutes per side. At that point add your lemon juice to the pan and cover and let them cook for another 4 minutes.
4. Remove from the pan and you can drizzle some of the pan drippings on top of the chicken for a little extra flavor.

*For the full write up on this dish check out our blog post at <http://www.thecookandthecoach.com/blog/lemon-and-herb-chicken-breast-medallions-with-sweet-potatoes-in-a-bourbon-sauce>*