



Lemon Chicken with Broccoli

PointsPlus® Value: 4

Servings: 4

(▲ Indicates a Power Food)

INGREDIENTS

- 2 Tbsp all-purpose flour
- ½ tsp table salt, divided
- ¼ tsp black pepper,
freshly ground
- ▲ 12 oz uncooked boneless,
skinless chicken
breast, thinly sliced
- 2 tsp olive oil
- 1 Tbsp fresh lemon juice
- ▲ 1½ cups fat-free, reduced
sodium chicken broth, divided
- 2 tsp minced garlic
- ▲ 2½ cups broccoli, small florets
- 2 tsp lemon zest, or more to taste
- 2 Tbsp parsley, fresh, chopped

INSTRUCTIONS

- On a plate, combine 1½ tablespoons of flour, ¼ teaspoon of salt and pepper; add chicken and turn to coat.
- Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate.
- Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scrapping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.
- In a small cup, stir together remaining ½ cup of broth, ½ tablespoon of flour and ¼ teaspoon of salt; add to skillet and bring to a simmer over low heat.
- Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1½ minutes. Stir in chicken and lemon zest; heat through.
- Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields about 1 cup per serving.



Summary of Weight Watchers Services for the Commonwealth of Virginia

Local Meetings*

This pre-paid savings plan offers you the flexibility of attending Weight Watchers meetings in your local community when and where it suits you best. You benefit from an experienced Leader and group support from fellow members. To order **Local Meeting vouchers call 1-866-614-9129**. Series length is 13 or 18 weeks. Vouchers are mailed to your home. You use them for admission to a local meeting. Vouchers come bundled with an exercise DVD (13 weeks - \$119.86) or a Walking Kit (18 weeks - \$165.96) at no additional cost to you. You may also pay for local meetings using Monthly Pass. With one low monthly fee of \$39.95 you get unlimited meetings each month and FREE access to eTools, our internet weight-loss companion that has interactive tool, tips and recipes that help you stay on track. Simply use your Monthly Pass as proof of payment at your meetings. To sign up for **Monthly Pass call 1-866-614-9129 or go to www.weightwatchers.com/monthlypasslocations**.

Online Subscription

Follow the Weight Watchers plan step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and much more. Series length is 3 months (\$55.00) or 12 months (\$166.70). Visit: www.dhrm.virginia.gov/WeightWatchers.html. **Note:** The Commonwealth promotion code for special pricing is: **14-551-1367-18860**. Type this number into the online area when prompted. This promotion code is required in order to receive the Commonwealth special pricing.

At Home kit – Corporate Edition*

The At Home kit – Corporate Edition gives you information and resources to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home, along with access to a toll-free Helpline with weekly progress reporting. The series length is 26 weeks (\$179.00). **To order call [1-866-614-9129](tel:1-866-614-9129)**.

At Work meetings*†

A Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday. You benefit from the proven advantage of group support for successful weight loss with coworkers who understand the workplace environment best. Choose from a 13 week series (\$155.35) or a 17 week series (\$186.30), and you pay in the meeting room. Visit www.dhrm.virginia.gov/WeightWatchers.html to see if there is an **At Work meeting already set up at your location**. **To get a meeting started call the At Work coordinator at 1-800-828-9675**.

50% Reimbursement for Eligible State Employees

Employees currently eligible for the state health benefits program may be reimbursed 50% of the Weight Watchers fees. Reimbursement is not available to spouses or adult dependents, but they may enroll and pay the special Commonwealth employee fees shown above. The reimbursement form for eligible state employees is available at www.dhrm.virginia.gov/weightwatchers.html.

*Available only in participating areas in the U.S. †Minimum enrollment required.

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