

# Pan-Seared Ranch Chicken

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## **INGREDIENTS**

For the ranch marinade & sauce:

- ¾ cup plain Greek yogurt
- ¼ cup mayonnaise
- 3 tablespoons finely chopped fresh chives
- 3 tablespoons finely chopped fresh dill or parsley (or ½ teaspoon dried)
- ¾ teaspoon garlic powder
- 2 tablespoons fresh lemon juice
- ½ teaspoon lemon zest (optional)
- Kosher salt and black pepper, to taste
- Water (to thin sauce, if needed)

For the chicken:

- 1½ pounds boneless, skinless chicken breasts or thighs
- 2 tablespoons olive oil

## **DIRECTIONS**

1. In a small bowl, mix together Greek yogurt, mayo, chives, dill, garlic powder, lemon juice, lemon zest, salt, and pepper. Transfer half to a serving bowl and set aside.
2. Pat the chicken dry and pound to even thickness (about ½ inch). Season with salt and pepper. Toss with remaining ranch in a bowl and let sit for 10 minutes at room temp while you heat the pan and prep sides.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Sear chicken for 4-5 minutes per side, or until golden and cooked through. Work in batches if needed to avoid crowding.:
4. Thin the reserved ranch sauce with a splash of water or olive oil if needed. Drizzle over chicken and top with extra herbs, if desired.