

Chicken Piccata



Makes 2 Servings

Ingredients

- 2 boneless, skinless chicken breasts, cut in half and pounded into cutlets
- Kosher salt and black pepper
- All-purpose flour
- Non-stick cooking spray
- 2 tablespoons vegetable oil
- 1/4 cup dry white wine or Chardonnay
- 1 teaspoon minced garlic
- 1/2 cup low-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 1 tablespoon drained capers
- 2 tablespoons unsalted butter
- Fresh lemon slices
- Chopped fresh parsley

Tools

- Saute pan with lid (or use foil)
- Tongs
- Chef knife
- Paring knife

Instructions

1. Season cutlets with salt and pepper, then dredge in flour. Coat a saute pan with nonstick spray, add oil, and heat over medium-high.
2. Saute cutlets 2-3 minutes on one side. Flip cutlets over and saute the other side, covered, 1-2 minutes. Transfer cutlets to a warmed platter; pour off the fat from the pan.
3. Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly evaporated, about 2 minutes.
4. Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side for 1 minute. Transfer cutlets to warm plates.
5. Finish sauce with butter and lemons. Once butter melts, pour sauce over cutlets.
6. Garnish with chopped fresh parsley and serve immediately.

Note: You can also make this dish with turkey instead of chicken.