

Chicken Piccata

Compliments of Chef Richard's Kitchen

4 Servings

4 boneless/skinless
chicken breasts
½ C all-purpose flour
1 Tbsp lemon zest
2 Tbsp olive oil
¼ C unsalted butter
2 Tbsp all-purpose flour
1 C chicken stock
2 Tbsp lemon juice
¾ C dry white wine
2 Tbsp parsley, chopped
3 Tbsp capers, drained
Parsley for garnish
Salt and pepper
Parmesan cheese for topping

The first step is to reduce the thickness of the chicken breasts. Either slice thickness in half with a sharp knife, or use a meat mallet. Chicken should be about ½" thick.



Grate lemon to remove at least 1 Tbsp zest. Mix flour, salt and pepper together. Roll each cutlet in flour and gently shake off excess.

Heat a sauté pan over medium-high heat. Add olive oil and brown chicken, about 4 – 5 minutes each side. Chicken does not need to be fully cooked at this point. Remove from sauté pan and cover to keep warm.

Reduce heat to medium. Melt butter in pan. Add flour and whisk to form a roux, whisking up browned bits. Gradually add chicken stock, continually whisking until smooth. Add wine, half of lemon zest, lemon juice, chopped parsley and 2 Tbsp of the capers. Medium simmer until sauce is thickened. Add additional flour or wine if necessary.

Return chicken to pan. Sprinkle remaining lemon zest and capers over top. Cover and simmer for 3 – 4 minutes or until chicken is cooked through.

Serve over spaghetti or rice. Spoon additional sauce on top with grated parmesan. Serve hot.

Nutrition Facts	
Portion Size	296 g
Amount Per Portion	449
Calories	
	% Daily Value *
Total Fat 23g	29 %
Saturated Fat 9.7g **	48 %
Cholesterol 133mg **	44 %
Sodium 489mg	21 %
Total Carbohydrate 19g	7 %
Dietary Fiber 0.4g **	1 %
Sugar 1.3g **	
Protein 35g	70 %
Vitamin D 0mcg **	0 %
Calcium 47mg **	4 %
Iron 2.1mg **	12 %
Potassium 547mg **	12 %
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</p> <p>** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.</p>	

Source:
<https://www.nutritionvalue.org>