



Chicken Piccata

Basic Lifestyle

INGREDIENTS

4 (6-oz.) skinless, boneless chicken breast halves
2 oz all-purpose flour, divided (about 1/2 cup)
1/2 TSP kosher salt
1/4 TSP freshly ground black pepper
2-1/2 TBS butter, divided
2 TBS olive oil, divided
1/4 cup finely chopped shallots
4 medium garlic cloves, thinly sliced
1/2 cup dry white wine
3/4 cup fat-free, lower-sodium chicken broth, divided
2 TBS fresh lemon juice
1-1/2 TBS drained capers
3 TBS coarsely chopped fresh flat-leaf parsley

INSTRUCTIONS

—Place each chicken breast half between 2 sheets of heavy-duty plastic wrap. Pound to 1/2-inch thickness using a meat mallet. Place 1 TSP flour in a small bowl, and place remaining flour in a shallow dish. Sprinkle both sides of chicken evenly with salt and pepper. Dredge chicken in flour in shallow dish; shake off excess.

—Melt 1 TBS butter in large skillet over medium-high heat. Add 1 TBS oil to pan; swirl to coat. Add chicken to pan; sauté 4 minutes on each side or until done. Remove chicken from pan; keep warm.

—Heat remaining 1 TBS oil in pan; swirl to coat. Add shallots to pan; sauté 3 minutes, stirring frequently. Add garlic; sauté 1 minute, stirring constantly. Add wine; bring to a boil, scraping pan to loosen browned bits. Cook until liquid almost evaporates, stirring occasionally. Add 1/4 cup broth to reserved 1 TSP flour; stir until smooth. Add remaining 1/2 cup broth to pan; bring to a boil. Cook until reduced by half (about 5 minutes). Stir in flour mixture; cook 1 minute or until slightly thick, stirring frequently. Remove from heat; stir in remaining 1-1/2 TBS butter, juice, and capers.

SERVING INFO: (Serves 4)

1 chicken breast + 2TBS sauce + 2 TBS parsley = 1 P, 1 FT

See photo of this recipe at [Instagram](#) and [Facebook](#).