



Meyer Lemon Chicken Piccata

Basic Lifestyle

INGREDIENTS

2 (8-ounce) skinless, boneless chicken breast halves
1/2 TSP kosher salt
1/4 TSP freshly ground black pepper
1/4 cup all-purpose flour
2 TBS unsalted butter, divided
1/3 cup sauvignon blanc or other crisp, tart white wine
1/2 cup fat-free, lower-sodium chicken broth
1/3 cup fresh Meyer lemon juice (about 3 lemons)
2 TBS capers, rinsed and drained
1/4 cup chopped fresh flat-leaf parsley

INSTRUCTIONS

—Split chicken breast halves in half horizontally to form 4 cutlets. Place each cutlet between 2 sheets of heavy-duty plastic wrap; pound each cutlet to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle cutlets evenly with salt and pepper. Place flour in a shallow dish; dredge cutlets in flour.

—Melt 1 TBS butter in a large skillet over medium-high heat. Add 2 cutlets to pan, and sauté 2 minutes. Turn cutlets over; sauté for 1 minute. Remove the cutlets from pan. Repeat the procedure with remaining 1 TBS butter and 2 cutlets.

—Add wine to pan, and bring to a boil, scraping pan to loosen browned bits. Cook for 1 minute or until liquid almost evaporates. Stir in chicken broth; bring to a boil. Cook until broth mixture is reduced to 2 TBS (about 4 minutes). Stir in juice and capers. Serve over chicken. Sprinkle with parsley.

SERVING INFO: (Serves 4)

1 cutlet, 2 TBS sauce, 1 TBS parsley = 1 P

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