

# Chicken Picata`

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## Servings: 4

*4 boneless/ skinless  
chicken breasts  
1/2 cup Parmesan cheese  
1/2 cup fine bread crumbs  
3 tablespoons vegetable oil  
1 medium zucchini, sliced  
1 green pepper, sliced  
2 tomatoes, sliced in  
quarters  
4 large mushrooms, sliced  
1 teaspoon lemon juice*

## Preparation Time: 45 minutes

### Bake Time: 30 minutes

Coat the pieces of chicken with a mixture of parmesan cheese and bread crumbs.

In a large skillet, slowly heat pieces of chicken in vegetable oil. When the chicken becomes light brown, remove and place into a 12x8-inch casserole dish.

In the same skillet, after all the chicken has been cooked, saute' the vegetables. You may need to add more vegetable oil. When saute'ing the vegetables, add one teaspoon of lemon juice.

Add the vegetables to your casserole dish, sprinkle with pepper and Parmesan cheese.

Bake for 30 minutes at 350 degrees.

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Per Serving (excluding unknown items): 667 Calories; 40g Fat (55.2% calories from fat); 66g Protein; 7g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 377mg Sodium. Exchanges: 9 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.