

Chicken

Chicken Piccata

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

4 boneless/ skinless chicken breasts

1/4 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon white pepper

2 tablespoons vegetable oil

1/2 cup chicken broth

2 teaspoons Worcestershire sauce

1/4 teaspoon dried marjoram

2 tablespoons fresh lemon juice

1/4 cup fresh parsley, chopped

Place one chicken breast between two pieces of plastic wrap or waxed paper. Working from the center, gently pound the chicken with the flat side of a meat mallet or rolling pin until about 1/4-inch thick. Remove the wrap. Repeat with the remaining chicken breasts.

In a shallow bowl, mix the flour, salt and pepper. Coat the chicken breasts with the flour mixture.

In a 10-inch skillet, heat the oil over medium-high heat. Cook the chicken in the oil for 6 to 10 minutes, turning once, until golden brown on the outside and no longer pink in the center.

Remove the chicken to a plate. Cover to keep warm.

Add the broth, Worcestershire sauce and marjoram to the skillet. Cook and stir for 1 to 2 minutes or until hot.

Stir in the lemon juice and parsley.

Serve over the chicken.

Per Serving (excluding unknown items): 99 Calories; 7g Fat (63.5% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 255mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.