

## Chicken

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# Chicken with Capers, Mustard & Parsley

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**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**2 tablespoons Dijon mustard**

**2 tablespoons light mayonnaise**

**1 tablespoon fresh lemon juice**

**1 tablespoon water**

**1 tablespoon capers, rinsed, drained and chopped**

**4 (about 3 pounds) bone-in, skin-on chicken breast halves**

**salt and pepper**

**2 tablespoons cornstarch**

**2 tablespoons vegetable oil**

**1/4 cup packed fresh flat-leaf parsley leaves, finely chopped**

In a small bowl, mix the Dijon, mayonnaise, lemon juice, water and capers. The mustard-caper sauce can be covered and refrigerated for up to one day.

Arrange the oven rack at its' lowest position.

Preheat the oven to 450 degrees.

If necessary, with kitchen shears, cut off excess rib bones from the chicken breasts.

Sprinkle 1/4 teaspoon of salt and 1/4 teaspoon of freshly ground black pepper on the skin side of the chicken.

Sprinkle cornstarch on the skin side of the chicken to lightly coat.

Heat a 12-inch ovenproof skillet on medium-high until hot. Add oil and swirl to coat the bottom.

When the oil shimmers, shake the excess cornstarch from the chicken and add to the skillet, skin side down, in a single layer.

Cook 2 to 4 minutes or until golden brown. With tongs, turn the chicken over and cook 2 minutes longer.

Transfer to the oven. Roast for 15 minutes or until the chicken just loses its' pink color and a meat thermometer inserted into the thickest part of the chicken registers 160 degrees.

Transfer the chicken to serving plates. Let stand for 10 minutes for the chicken to retain juiciness.

When ready to serve, stir half of the parsley and 1/4 teaspoon of freshly ground black pepper into the mustard-caper source. Spoon onto the serving plates with the chicken.

Garnish with the remaining parsley and serve.

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Per Serving (excluding unknown items): 100 Calories; 9g Fat (76.1% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 151mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.