

Chicken Piccata III

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*6 boneless/ skinless
chicken breast halves
1/2 cup flour
1 teaspoon salt
1/4 teaspoon ground pepper
1/4 cup butter
1 tablespoon oil
4 tablespoons dry Madeira
wine
3 tablespoons fresh lemon
juice
lemon slices (for garnish)
2 tablespoons capers
minced parsley (for garnish)*

Place the chicken between plastic wrap and pound to flatten to 1/4-inch thickness.

In a bowl, combine the flour, salt and pepper. Dredge the chicken to coat lightly.

In a skillet, heat the butter and oil. Saute' the chicken breasts for 2 to 3 minutes per side. Do not overcook. Drain the breasts on a paper towel. Drain off all but one tablespoon of butter and oil.

Stir in the Madeira, scraping to loosen any browned bits. Add the lemon juice and heat briefly. Return the chicken to the skillet and place the lemon slices on top. Heat until hot.

Add the capers. Sprinkle with parsley. Serve.

Per Serving (excluding unknown items): 2266 Calories; 141g Fat (56.8% calories from fat); 189g Protein; 52g Carbohydrate; 2g Dietary Fiber; 681mg Cholesterol; 3305mg Sodium. Exchanges: 3 Grain(Starch); 26 Lean Meat; 1/2 Fruit; 12 Fat; 0 Other Carbohydrates.