

Lemon Chicken Piccata

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Servings: 4

*3 (one pound) boneless/
skinless chicken breasts,
cut horizontally into 1/2-inch
cutlets*

1/4 teaspoon salt

1/8 teaspoon black pepper

1/2 cup flour

*2 tablespoons vegetable oil
(or as needed)*

1 clove garlic, minced

*1 cup low-sodium chicken
broth*

1/2 lemon, thinly sliced

*3 tablespoons fresh lemon
juice*

*2 tablespoons capers,
rinsed and drained*

3 tablespoons butter

*2 tablespoons minced
Italian parsley*

Preparation Time: 25 minutes

Preheat the oven to 200 degrees. Place a serving platter in the oven to warm.

Season the chicken with salt and pepper, then dredge in flour. Shake off the excess flour.

In a large skillet, heat the oil. Pan-fry the chicken until golden brown on both sides, about 3 minutes per side. (don't overcrowd the skillet, work in batches, if necessary.)

Transfer the chicken to the warmed platter in the oven. Drain most of the oil from the skillet, leaving a thin coating.

Add the garlic to the skillet. Cook, stirring, until fragrant, about 20 seconds. Pour in the broth. Scrape up and dissolve any brown bits from the bottom of the skillet. Stir in the lemon slices. Bring to a boil.

Cook, stirring occasionally, until the sauce reduces to about 2/3 of a cup, 3 to 5 minutes. Add the lemon juice and capers. Simmer until the sauce is reduced and slightly thickened, about 5 minutes more.

Drop butter into the skillet and swirl it into sauce by tilting the skillet until the butter is melted and incorporated. Add the parsley and remove from the heat.

Arrange the chicken on serving plates and top with sauce.

Per Serving (excluding unknown items): 147 Calories; 9g Fat (52.6% calories from fat); 5g Protein; 14g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 271mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.