

Chicken Piccata

Chicken Piccata is a classic Italian dish. Piccata in Italian means "pounded". This dish first originated in Italy using veal but you now see the dish made with chicken more and more as tastes have changed. It was necessary to pound veal flat to make it tender and we now do the same with chicken breasts, which is what makes the chicken taste so good along with its lemony caper sauce.

2	skinless, boneless chicken breasts	1/3 cup	fresh lemon juice
1 pinch	salt & pepper to taste	1/2 cup	chicken stock
1/4 cup +	flour	3 Tablespoons	capers, rinsed
4 Tablespoons	butter (divided)	1/4 cup	fresh parsley, chopped
3 Tablespoons	olive oil		

- 1 Butterfly chicken breasts by cutting into the side of the breast all the way through and then cut into two pieces. Place each piece of chicken between plastic wrap and pound it to flatten with a mallet.
- 2 Place flour onto a plate and season breast pieces with salt and pepper.
- 3 In a large skillet, heat 2 Tablespoons of butter and 3 Tablespoons of olive oil on medium-high heat. When butter has melted and sizzles, dip the chicken pieces one by one into the flour, coating both sides and place into the skillet. Cook chicken 3 minutes on each side or until it browns. Do not overcook. Remove chicken pieces to a platter.
- 4 Add lemon juice and chicken stock to the pan. Bring to a boil, scraping up any browned bits from the bottom. Add in capers and warm through. Return chicken pieces to the skillet and simmer on low heat for 5 minutes.
- 5 Plate chicken pieces, then add 2 Tablespoon butter to the skillet. Whisk in butter until melted and combined. Then pour sauce over the chicken. Garnish with parsley.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 16 minutes

Total Time: 26 minutes

Nutrition Facts

Nutrition (per serving): 362 calories, 207 calories from fat, 23.4g total fat, 99mg cholesterol, 440.2mg sodium, 387.1mg potassium, 8.4g carbohydrates, <1g fiber, <1g sugar, 29.1g protein.

Source

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