

Chicken Piccata

Ingredients

2 Chicken Breasts (boneless,
skinless, cut into cutlets)
2 T Olive Oil
1/4 c White Wine
3 clv Garlic (minced)
1/2 c Chicken Broth
1 Lemon (1/2 juiced, 1/2 sliced)
1 T Capers (drained)
2 T Butter
2 T Parsley (chopped)
1/3 c Flour
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Season cutlets with salt and pepper, then dust with flour. Coat a saute pan with olive oil, and heat over medium heat. Saute cutlets 2-3 minutes on one side. Flip the cutlets over and saute the other side 1-2 minutes with the pan covered. Transfer cutlets to a warmed platter; pour off fat from the pan.

2. Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly evaporated, about 2 minutes. Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side for 1 minute. Transfer cutlets to warm plates.

3. Finish sauce with butter and lemons. Once butter melts, pour sauce over cutlets. Garnish with chopped fresh parsley and serve.

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