

Chicken Piccata

Serves 4

Ingredients:

4 boneless, skinless chicken breast halves
Salt and pepper
½ cup flour
4 tablespoons olive oil
2 shallots, minced
1 cup low sodium chicken broth
1/3 cup white wine
1/3/cup lemon juice
2 tablespoons capers
3 tablespoons unsalted butter
2 tablespoons chopped parsley
Lemon slices for garnish

Preparation:

Place the chicken breast halves between 2 sheets of waxed paper and pound with a rolling pin until ¼ inch thick. Heat 2 tablespoons olive oil in a large frying pan over medium heat. While warming, season each chicken breast with salt and pepper and dredge in flour, shaking off the excess. Add 2 breasts to the pan and cook them three minutes on each side until nicely browned. Remove from the pan and keep warm in the oven while repeating the process with the other 2 breasts.

To make the sauce, add the minced shallots to the frying pan and sauté for 1 minute. Add the chicken broth, lemon juice and white wine, scraping up the browned bits from the bottom of the pan for added flavor. Simmer 5 minutes until the liquid has reduced to 1/3 cup. Remove from heat and add the capers and the butter, 1 tablespoon at a time, stirring with a whisk until the sauce is thickened. Add parsley and salt and pepper to taste. Place the chicken on 4 warmed plates, cover with the sauce and serve immediately.

We use this same recipe substituting petrale sole for the chicken breasts. It's one of our favorite easy to prepare dinners.