

Chicken Piccata

Theme: Italy, Yield: 4 servings

Prep: 15 minutes * Cook: 25 minutes * Total time: 40 min.



Ingredients

4 skinless and boneless chicken breasts, butterflied and then cut in half

1/2 teaspoon kosher salt

1/2 teaspoon and freshly ground black pepper

All-purpose flour, for dredging

4 tablespoons unsalted butter

2 tablespoons extra-virgin olive oil

1/3 cup fresh lemon juice (approximately 2 lemons)

1/2 cup low-sodium chicken broth

1/4 cup drained capers, rinsed

2 tablespoons fresh Italian flat-leaf parsley, chopped

Serving Suggestions: buttered noodles, roasted veggies, smashed potatoes, sautéed spinach, lemon garlic herb rice, roasted asparagus, and angel hair pasta.



1. Butterfly chicken. Place one hand on the chicken, curving your fingers up slightly for safety. Slice meat horizontally, cutting almost to the other side. Open it like a book. Then separate the chicken by cutting straight down where it is attached.

2. Season chicken with salt and pepper. Dredge chicken in flour and shake off excess (coat it lightly).

3. In a large skillet over medium high heat, melt 2 tablespoons of butter with 2 tablespoons olive oil. 4. When butter and oil start to sizzle, add chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate. (If skillet is not large enough you can do it in 2 batches).

5. Into the pan add the broth, lemon juice, and capers. Return to stove and bring broth mixture to a boil, over medium-high heat, scraping up brown bits from the pan for extra flavor. Check for seasoning.

6. Return all the chicken to the pan and simmer for 5 minutes, until cooked through.

7. Using tongs, transfer the chicken to platter. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.