Chicken Piccata

Ingredients

- 4 x 4 oz boneless chicken breasts
- 4 tsp flat leaf parsley
- 4 cloves of garlic, minced
- 4 lemons, juiced
- 4 shallots
- ¼ cup extra virgin olive oil
- ½ cup plus 2 Tbsp chicken broth
- ½ cup all purpose flour
- ½ cup dry white wine
- ¼ cup capers

Directions

1. Place chicken breast between two pieces of heavy duty plastic wrap; pound chicken breast to ½ inch thickness, using a meat mallet or small heavy skillet.
2. Place 1 teaspoon flour in a small bowl and set aside. Place remaining flour in a shallow dish. Sprinkle both sides of chicken evenly with a pinch of salt and pepper. Cover chicken in the flour in the small dish. Shake off excess.
3. Heat 1 tablespoon of olive oil in a large skillet over medium high heat and swirl to coat the pan. Add chicken to pan and sauté for 4 minutes on each side or until fully cooked (165 degrees F internal temperature). Remove chicken from pan and keep warm.
4. Heat the remaining oil in the same pan and swirl the pan to coat it in oil. Add shallots and garlic to pan and sauté for about 3 minutes; stirring constantly.
5. Add wine and bring to a boil, scraping the pan to loosen browned bits. Cook until liquid almost evaporates, stirring occasionally.
6. Add 1 tablespoon chicken broth to the reserved flour and stir until smooth.
7. Add the remaining chicken broth to the pan and bring to a boil. Cook until liquid is reduced by half.
8. Stir in flour/broth mixture and cook for 1 minute, until slightly thickened, stirring frequently.
9. Remove from the heat and stir in lemon juice and capers.
10. Return chicken to skillet and use a spoon to pour sauce over the chicken.
11. Sprinkle with parsley and serve.
12. Enjoy!

Total Fat 17 g	Sodium 1,396 mg	Sugars 1 g
Saturated Fat 2 g	Total Carbohydrate 18 g	Protein 37 g
Cholesterol 60 mg	Dietary Fiber 2 g	