

BEYOND HUNGER

CHICKEN PICCATA

Give a gift to your taste buds this holiday season with this Italian American “secret” family recipe! Chicken piccata is a fantastic way to incorporate a high protein and low-carb meal into your dinner plans. Perfected over two generations, this recipe is not something you want to miss out on!

Not sure how to pound or tenderize chicken? Scan the QR code below with your mobile device to find out.

Yield: 4 servings

Ingredients

- 4 **chicken breasts** (about 8 oz each), skinned and boned
- ¼ cup **flour**
- ¼ cup **butter**
- ¼ cup **dry wine***
- 2 tablespoon **lemon juice**
- 1 teaspoon **salt**
- 1 teaspoon **black pepper**

Instructions

1. Place one chicken breast on a cutting board. Slice the breast in half, lengthwise, to get two equal portions that are approximately 4 oz each. Repeat with other chicken breasts.
2. Cover one, 4 oz portion of chicken with plastic wrap on the cutting board. Using the flat side of a mallet, pound it to a thickness of ½ inch. (For more detailed instructions on how to pound a chicken breast, scan the QR code below with your cellular device.) Repeat pounding process with all portions of chicken.
3. Place flour on a clean plate. Dip each piece of chicken in the flour, coating both sides. Shake off excess flour.
4. Place butter in a skillet and melt over medium-high heat. In batches, place chicken in the warmed skillet and cook approximately 3 minutes on each side until it reaches an internal temperature of 165 degrees. Remove to a clean plate once fully cooked.
5. In the same skillet, add wine, lemon juice, salt, and pepper to saucepan, heat on high until it comes a boil. Once boiling, reduce heat to low, and let it simmer uncovered for 3 minutes until sauce thickens.
6. Place chicken in serving dish, spoon juices on top. Garnish with lemon slices and parsley.

***Chefs Note:** If you wish to substitute ¼ cup of dry wine, increase lemon juice to 3 tablespoons and add 3 tablespoons of water.

Serve this dish alongside a large side salad or other colorful vegetable side dish.

Per Serving: Calories: 104, Carbs 1.8g, Protein 13g, Saturated Fat 2g, Sodium 171mg, Added Sugar 0g

