

Chicken Piccata



4 boneless skinless chicken breasts, about 2 pounds

¼ cup flour

2 tablespoons each oil and butter

½ teaspoon salt and ¼ teaspoon pepper

¼ cup dry white wine

2 tablespoons capers, drained

¼ cup lemon juice (fresh squeezed if possible)

3 tablespoons chopped fresh parsley (for garnish)

4 thin slices each lemon and lime (for garnish)

Directions:

Cut one side on 4 large zip lock bags. Place one chicken breast inside each bag. Using the flat side of a meat mallet, pound each chicken breast to ¼ inch thickness.

 

Coat chicken with flour. Heat the oil and butter in a large skillet. Add the chicken and brown quickly on both sides – about one minute per side. Remove to a platter and sprinkle with salt and pepper.

 

 

Add wine, capers and lemon juice to the skillet. Heat to a boil , scraping sides and bottom of the pan. When 4 tablespoons of liquid remains, pour over the chicken.



Garnish with chopped fresh parsley and lemon and lime slices. Enjoy!

