

Lemon Chicken Piccata



Ingredients:

3 large skinless, boneless
chicken breasts
Salt and pepper to taste
1/2 cup all-purpose flour
2 Tbsp vegetable oil, or
as needed
1 clove garlic, minced
1 cup low sodium chicken
broth

1/2 lemon, thinly sliced
1/4 cup fresh lemon juice
2 Tbsp capers, drained and
rinsed
3 Tbsp butter
2 Tbsp minced parsley

Directions:

Preheat oven to 200°. Place serving platter in oven to warm. Cut chicken breast halves into 1/2-inch medallions. Season chicken breast pieces with salt and pepper. Dredge in flour. Shake off excess flour. Heat vegetable oil in skillet. Pan fry chicken pieces until golden brown on both sides (about 3 minutes per side). Add more oil as needed. Place chicken pieces on warmed platter in the oven. Drain most oil from skillet, leaving just a thin coating. Add garlic to skillet. Cook until fragrant, stirring constantly (about 20 seconds). Pour in chicken broth. Scrape and stir brown bits left in skillet until dissolved. Stir in lemon slices. Bring mixture to boil. Let cook until sauce reduces to about 2/3 cup, stirring occasionally (about 5 to 8 minutes). Add lemon juice and capers. Simmer until sauce is reduced and thickened slightly (about 5 minutes). Add butter into skillet. Tilt skillet to mix butter into sauce until melted and combined. Add parsley. Remove from heat and set aside. Pour sauce over each portion before serving.

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