

Chicken Picatta

Chicken Picatta recipe.



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Dinner



SERVINGS

1 serving

CALORIES

256 kcal

INGREDIENTS

- 1 1/2 servings Morning Star Farm Chick'n Strips
- 1/4 c vegetable broth
- 1 Tbsp dry white wine
- 1/4 lg Onion sliced thin
- 1/4 clove garlic minced
- 1 tsp cornstarch + 2tsp cold water
- 1 Tbsp lemon juice
- 1 Tbsp capers
- 2 Tbsp parsley chopped

INSTRUCTIONS

1. In a skillet, with a little cooing spray, cook the Chick'n Strips until browned. Remove from heat.
2. In the same pan, add the vegetable broth, onion and garlic, and cook until the onions are translucent over medium heat.
3. Add the dry white wine and lemon juice.
4. Whisk the cornstarch with cold water until well mixed. Then whisk that mixture into the pan. Let cook while whisking for 2 min.
5. Add the capers and parsley to the sauce.

6. Add the cooked Gardein Chick'n Scallopini back to the pan to coat with the sauce.
7. Remove from the pan and serve with potatoes, pasta, rice and or vegetables.

NUTRITION

Nutrition Facts

Chicken Picatta

Amount Per Serving

Calories	256	Calories from Fat	48
% Daily Value*			
Fat	5.3g	8%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Carbohydrates	18.6g	6%	
Protein	35g	70%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!