

Chicken Piccata

Chicken:

- ✓ ¼ cup + 1 tbsp flour
- ✓ 2 large chicken breasts, tenderized and halved
- ✓ Salt and pepper

Piccata Sauce

- ✓ 1 large onion, diced
- ✓ 2 tbsp minced garlic
- ✓ 1 cup chicken broth
- ✓ 1 cup cooking wine
- ✓ ¼ cup lemon juice
- ✓ 2 tbsp butter
- ✓ ¼ cup parsley



Total Time: 30 minutes Servings: 4

Directions:

1. In a bowl mix flour, salt, and pepper.
2. In a pan heat 1 tbsp oil on high heat, once hot dip chicken breast halves in the flour mixture coating all sides and place in pan. Cook 5 minutes per side, until cooked through. Remove from pan and set aside.
3. Reduce the heat to medium and add onions and garlic. Cook until fragrant, about 2 minutes.
4. Mix in remaining flour until dissolved. Add broth, wine, and lemon juice. Let simmer until thickened, about 5 minutes. Melt butter into the sauce.
5. Return chicken and juices to the pan, cover in piccata sauce, sprinkle with parsley, and serve.