

chicken piccata (with lemon and white wine sauce) very good with rice and szchewan green beans

use boneless chicken breast

1/2 - 1 cup flour seasoned with salt, pepper, garlic and if desired dill weed

1/2 cup white wine

1/2 cup lemon juice

1 lemon thinly sliced

(combine the wine, lemon juice and thinly sliced lemons)

2-3 cloves garlic thinly sliced

olive oil

put seasoned flour in a plastic bag

place one piece of chicken at a time in the bag, close bag and using a mallet or side of a bottle (i use a wine bottle), pound the breast until it is flat. do this with each piece of chicken.

heat the oil in a large fry pan. sautee the garlic slices and then add the chicken. sautee about 4-5 minutes per side, turning when the chicken is lightly browned. when both sides are browned,

pour in the combine wine, juice and lemons. continue to simmer until the chicken is cooked through and the sauce has thickened slightly. if the sauce is too thick, add a few more tablespoons of wine to the pan.