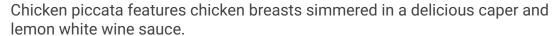
# **Chicken Piccata**

PREP TIME 5 minutes
COOK TIME 20 minutes
TOTAL TIME 25 minutes
SERVINGS 4 servings
AUTHOR Holly Nilsson





4.98 from 111 votes

## **Ingredients**

- 4 chicken breasts pounded to about 1/2 inch thick or cut in half crosswise
- 1/2 cup flour

#### Sauce

- 1/4 cup butter
- 1 1/2 tablespoons flour
- 1 cup chicken broth
- 1/2 lemon juiced (about 1 1/2 tablespoons)

- 1 lemon zested
- 2 tablespoons olive oil more as needed
- salt & pepper to taste
- 1/2 cup white wine or chicken stock
- 3 tablespoons capers drained
- 2 tablespoons fresh parsley chopped

### Instructions

- 1. Combine the flour, lemon zest, salt and pepper. Dredge the chicken in flour mixture
- 2. Heat olive oil over medium high heat and cook chicken about 4-5 minutes per side or until just until cooked through. Cook in batches if you cannot fit into pan. Remove from pan and place in a dish to keep warm.
- 3. In the same pan, melt 1/4 cup butter and add flour to create a roux. Whisk until smooth. Cook 1-2 minutes.
- 4. Gradually stir in chicken broth whisking after each addition until smooth.
- 5. Add lemon juice, white wine and capers. Simmer 3 minutes, whisking occasionally.
- 6. Add chicken back to pan and simmer 2-3 minutes. Stir in parsley and serve over pasta.

#### **Nutrition Information**

Calories: 439, Carbohydrates: 11g, Protein: 50g, Fat: 17g, Saturated Fat: 8g, Cholesterol: 174mg, Sodium: 494mg, Potassium: 965mg, Sugar: 1g, Vitamin A: 760IU, Vitamin C: 14.3mg, Calcium: 23mg, Iron: 1.8mg (Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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