






Chicken Piccata

	PREP TIME	5 minutes
	COOK TIME	20 minutes
	TOTAL TIME	25 minutes
	SERVINGS	4 servings
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★★★★★
4.98 from 111 votes

Chicken piccata features chicken breasts simmered in a delicious caper and lemon white wine sauce.

Ingredients

- 4 chicken breasts pounded to about 1/2 inch thick or cut in half crosswise
- 1/2 cup flour
- 1 lemon zested
- 2 tablespoons olive oil more as needed
- salt & pepper to taste

Sauce

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