**Chicken with Lemon and Capers  
Serves 4**

**Ingredients:**

* 1 tablespoon olive oil
* 4 chicken breast halves (about 1 pound)
* Salt
* Pepper
* 1/2 cup white wine
* 1 tablespoon lemon juice
* 1 teaspoon grated lemon zest
* 1 1/2 tablespoons capers, drained and rinsed
* 1 tablespoon chilled butter, cut into small pieces
* 2 teaspoons arrowroot
* 2 teaspoons cold water

**Directions:**

Heat oil in a heavy skillet over medium heat until hot, but not smoking. Sprinkle chicken with salt and pepper. Add chicken and cook until browned and cooked through, 4-5 minutes per side. Remove chicken from skillet; cover and keep warm. Add wine, lemon juice, lemon zest and capers to same skillet. Bring to a boil, lower heat and simmer 2 minutes, scraping up any browned bits from bottom of skillet. Whisk in butter, 1 piece at a time. Combine arrowroot and water until arrowroot is fully dissolved. Stir arrowroot mixture into sauce, bring to a boil and then remove from heat. Pour sauce over chicken and serve immediately.

**Nutritional Information  
Per Serving: Calories 270, Calories from Fat 93, Total Fat 10 g, Sat Fat 3 g, Cholesterol 104 mg, Sodium 202 mg, Carbs 2 g, Protein 35 g**