

Chicken Piccata

Serves 4

A flavorful light chicken dish

4	boneless, skinless chicken breasts
1/3 cup	all purpose flour
	Salt and pepper
2 tbsp	grated Parmesan cheese
4 tbsp	extra virgin olive oil
4 tbsp	unsalted butter
1/2 cup	chicken stock or dry white wine
3 tbsp	freshly squeezed lemon juice
1/4 cup	capers
1/4 cup	freshly chopped parsley

1. If the chicken pieces are thick, place them between two pieces of plastic wrap and pound them with a meat hammer to 1/4-inch thickness. Set aside.
2. On a large pie plate, mix together flour, salt, pepper, and grated Parmesan. Dredge chicken in mixture, until well coated
3. In a large skillet, on medium heat olive oil and butter in batches, do not crowd the pan. Brown well on each side, about 3 minutes per side. Remove the chicken from the pan and reserve to a plate. Cook the other breasts in the same manner, remove from pan. Cover with aluminum foil and keep warm in the oven while you prepare the sauce.
4. Add the chicken stock (or white wine), lemon juice, and capers to the pan. Use a spatula to scrape up the browned bits. Reduce the sauce by half. Whisk in the remaining butter. Plate the chicken and serve with the sauce poured over the chicken. Sprinkle with parsley.