



Chicken Piccata



1/2 of recipe: 265 calories, 9g total fat (1.5g sat. fat), 551mg sodium, 8.5g carbs, 1g fiber, 0.5g sugars, 33g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness
1/4 tsp. salt
1/4 tsp. black pepper
2 tbsp. whole-wheat flour
1 1/2 tsp. olive oil
1/4 cup chicken broth
1 tsp. cornstarch
2 tbsp. dry white wine
2 tsp. capers, drained
2 tsp. light butter
1 tsp. chopped garlic
1 tsp. lemon juice

Directions

Season chicken cutlets with salt and pepper.

Place flour in a wide bowl. Evenly coat chicken with flour.

Bring a skillet sprayed with nonstick spray to medium heat. Add oil, and heat for 1 minute. Add chicken. Cook until golden brown and cooked through, about 4 minutes per side. Set aside, and cover to keep warm.

In a small nonstick pot, combine broth with cornstarch. Stir to dissolve. Add wine, capers, butter, garlic, and lemon juice. Stir well. Set heat to medium low. Stirring frequently, cook until sauce has slightly thickened, about 3 minutes.

Serve chicken topped with sauce.

MAKES 2 SERVINGS

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