## Chicken Piccata

## Chicken Piccata



Serves 4

Blue - 4 points

Purple - 4 points

Green - 7 points

- 4 (4 oz) boneless, skinless chicken breasts
- 1 egg
- 1/4 cup + 1 Tbsp white wine (or chicken broth), divided
- 4 Tbsp lemon juice, divided
- 1 clove garlic, minced
- dash hot pepper sauce
- 1/4 cup all purpose flour
- 1 oz parmesan cheese, grated
- 1/4 tsp salt
- 1/8 cup fresh parsley, minced
- 1 1/2 tsp olive oil
- 2 Tbsp light butter
- capers, optional
- 1. Flatten chicken to 1/4 inch thickness
- 2. In a shallow dish, combine the egg, 1 Tbsp wine, 1 Tbsp lemon juice, garlic and hot pepper sauce.
- 3. In another shallow dish, combine the flour, parmesan

- cheese, parsley and salt.
- 4. Coat chicken with flour mixture, shake off excess, dip in egg mixture, then coat again with flour mixture.
- 5. In a large non stick skillet, heat oil and brown the chicken breasts for about 3-5 minutes on each side or until cooked through. Remove and keep warm.
- 6. In the same pan, melt butter, add the remaining wine and lemon juice. Bring to a boil. Boil, uncovered until the sauce is reduced by a fourth.
- 7. Drizzle sauce over chicken.
- 8. Top with capers (optional)
- 9. I like to serve the chicken over angel hair pasta and then drizzle the sauce on top of both the chicken and pasta.