Chicken Piccata

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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.