

# CHICKEN PICCATA

SERVES: 4 | SERVING SIZE: 1 chicken breast with sauce | PREP: 15 minutes | READY: 30 minutes

## INGREDIENTS

- 1/4 cup all-purpose flour
- 2 tablespoons grated parmesan cheese
- 3/8 teaspoon kosher salt, divided
- 3/8 teaspoon black pepper, divided
- 4 (4 to 5 ounces each) raw boneless, skinless chicken breasts
- 4 tablespoons spreadable butter and oil blend (such as Challenge Spreadable Butter), divided
- 1/4 cup finely diced onion
- 1/2 cup reduced-sodium chicken broth
- 1/2 cup dry white wine (such as sauvignon blanc, pinot grigio, or chardonnay)
- 3 tablespoons fresh-squeezed lemon juice
- 2 tablespoons drained capers
- 1 lemon, cut into slices
- 3 tablespoons minced fresh parsley



## DIRECTIONS

In a shallow dish, combine flour, parmesan cheese, 1/8 teaspoon salt, and 1/8 teaspoon black pepper. Lightly dredge chicken breasts in seasoned flour mixture.

Working in batches, in a large skillet over medium heat, melt 1 tablespoon spreadable butter. Add 2 breaded chicken breasts and sauté until lightly brown; about 3 to 4 minutes on each side. Remove chicken from skillet, place on a plate, and cover. Add another tablespoon of spreadable butter to skillet and cook remaining 2 chicken breasts (3 to 4 minutes on each side). Remove chicken breasts from skillet and add to plate.

Add remaining 2 tablespoons of spreadable butter to skillet along with onion and sauté for 1 minute. To skillet, add chicken broth, wine, lemon juice, capers, and remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Stir to combine, loosening any brown bits on bottom of skillet. Add chicken breasts to skillet and allow sauce to lightly simmer and thicken slightly; about 2 to 3 minutes. Ensure that chicken breasts have reached an internal temperature of 165 degrees F before serving. Garnish with lemon slices and parsley, and serve.

## NUTRITION INFORMATION PER SERVING

360 calories, 15 g total fat, 5 g saturated fat, 0 g trans fat, 113 mg cholesterol, 496 mg sodium, 12 g total carbohydrate, 1 g dietary fiber, 2 g total sugars, 0 g added sugars, 37 g protein, 0 mcg (0%) vitamin D, 65 mg (6%) calcium, 2 mg (10%) iron, 379 mg (8%) potassium

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