

Chicken Piccata

While the origins of Chicken Piccata remain cloudy, one thing is crystal clear and that is, when you want a delicious, inexpensive, easy to prepare dinner that can be prepared in under 15 minutes, you can't beat Chicken Piccata!

Ingredients (to serve 4):

4 boneless, skinless chicken breasts

½ c. all purpose flour

4 Tbsp extra virgin olive oil

1 c. white mushrooms, cleaned and quartered

¾ c. low sodium chicken broth

¼ c. dry white wine

¼ c. fresh lemon juice

2 Tbsp capers, rinsed and drained

2 Tbsp chopped fresh Italian parsley

3 Tbsp butter

Freshly ground sea salt and black pepper to taste

Butterfly each chicken breast by cutting in half width wise. Cut each butterflied chicken breast half in half horizontally. Place a couple of pieces at a time into a large zipper lock baggie, seal and then pound with a meat mallet or rolling pin until approximately 1/8-1/4" in thickness. Set aside and pound remaining chicken breasts. Season chicken breasts on both sides with freshly ground sea salt and black pepper.

Dredge each piece of chicken in all purpose flour, patting to coat completely, and then shake off excess flour. Heat a large heavy skillet over medium high heat. Add 2 Tbsp of olive oil and swirl to coat bottom of pan. Heat until oil is very hot – you can test by pinching a small amount of flour into the pan – if it bubbles rapidly, the oil is hot enough.

Carefully place half of the chicken into heated skillet and sauté until underside is golden brown, about 2 to 2 ½ minutes. Turn chicken over and brown other side, additional 2 to 2 ½ minutes. Transfer to a plate lined with paper towel.

Cook remaining chicken in same manner. When all chicken is browned and transferred to paper towel lined plate, add mushrooms to skillet and sauté until browned, about 4-5 minutes. Add broth, white wine and lemon juice to skillet and increase heat to bring liquid to a boil. When boiling, scrape up flavourful brown bits and then cook until liquid has reduced to 1/3, about 4-5 minutes. Turn off heat.

Stir in capers and parsley. Add butter to sauce and swirl until melted and sauce thickens. Add cooked chicken breasts back to skillet just to heat through. To serve, place chicken breasts on serving plate and spoon sauce over the top.