

Scrumptious Chicken Piccata

by Stacey Francis, DC

2-4 boneless, skinless chicken breast (1½ pounds total), or 4-8 chicken cutlets

½ cup arrowroot flour

¼ teaspoon salt

Pinch ground black pepper

3 tablespoons grated Parmesan cheese

4 tablespoons olive oil

4 tablespoons butter, divided

½ cup chicken stock or dry white wine (such as a Sauvignon Blanc)

2 tablespoons lemon juice

½ lemon sliced

¼ cup brined capers

2 tablespoons fresh chopped parsley

Preheat the oven to 350°F.

Slice the chicken breasts horizontally to make thin cutlets. Mix together the arrowroot flour, salt, pepper, and grated Parmesan. Dredge them in the flour mixture, until coated.

Heat olive oil and 2 tablespoons of the butter in a large skillet on medium high heat. Add half of the chicken pieces to the pan - do not overcrowd the pan. Brown the chicken on both sides. Remove the chicken from the pan and place on a baking sheet. Cook the remaining chicken and add to the baking sheet. Place the chicken in the oven (bake for no longer than 30 minutes) and prepare the sauce.

Add the chicken stock or white wine, lemon juice, lemon slices, and capers to the pan. Use a heatproof spatula to scrape up the browned bits. When reduced by half, whisk in the remaining 2 tablespoons of butter and pour over the chicken. Serve immediately.

Serves: 4.