

Chicken Piccata

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Only slightly adapted from recipe source: [LemonLush](#)
[via allrecipes.com](#)

Ingredients:

- 3 large boneless, skinless chicken breast halves, each half cut in half (you'll have a total of 6 pieces)
- Salt and pepper
- ½ cup all-purpose flour
- 2 tablespoons canola oil, plus additional as needed
- 2 cloves minced garlic
- 1 tablespoon minced shallot
- 1 cup low sodium chicken broth
- ½ lemon, thinly sliced
- ¼ cup fresh lemon juice
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons butter
- 3 tablespoons minced flat-leaf parsley



Directions:

- Preheat oven to 200 degrees F. Place a baking sheet or serving platter into the oven to warm.
- Place each chicken piece between two sheets of plastic wrap and pound with a mallet, hammer or heavy pan until it is thin and even at a thickness of about ½-inch or less.
- Season the chicken pieces with salt and pepper, then dredge them in flour. Shake off excess flour.
- Heat oil in a large skillet over medium-high heat. Pan-fry chicken until golden brown, about 3 minutes on each side. Do not overcrowd the pan! You will need to do this in batches, placing the cooked chicken on the dish in the oven to stay warm and adding oil to the skillet if needed for the new batches.
- When finished cooking all the chicken, drain most of the oil from the skillet, leaving just a thin coating in the pan.
- Over medium heat add the shallot to the skillet, stirring until slightly softened, about 1 minute. Add the garlic and stir until fragrant, about 30 seconds.
- Pour in the chicken broth. Scrape up any brown bits from the bottom of the skillet.

- Stir in the lemon slices and bring the mixture to a boil. Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5-8 minutes.
- Add the lemon juice and capers, simmer until sauce is reduced and slightly thickened, about 5 minutes.
- Add butter and swirl to melt and blend it with the sauce.
- Add the parsley; remove pan from heat and set aside.
- Plate the chicken breasts and spoon sauce over each portion. Or serve family style on a bed of pasta and pour sauce over.