

Low Sodium Chicken Piccata

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

- 4 6-ounce, skinless, boneless chicken breast, halved
- ½ cup all-purpose flour, divided
- ¼ teaspoon black pepper, freshly ground
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided
- ¼ cup finely chopped shallots
- 4 medium garlic cloves, thinly sliced
- ½ cup dry white wine
- ¾ cup low-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 1 ½ tablespoons drained capers
- 3 tablespoons fresh flat-leaf parsley, coarsely chopped

Method of Preparation:

1. Place each chicken breast half between two sheets of heavy-duty plastic wrap; pound to half-inch thickness using a meat mallet or small heavy skillet. Place one teaspoon flour in a small bowl, and reserve the remaining flour in a shallow dish. Sprinkle both sides of chicken evenly with pepper. Dredge chicken in flour in shallow dish; shake off excess.
2. In a large skillet over medium-high heat, melt two tablespoons of butter. Add one tablespoon olive oil to pan; swirl to coat. Add chicken to pan; sauté for four minutes on each side or until done. Remove chicken from pan; keep warm.
3. Heat remaining one tablespoon of olive oil in pan; swirl to coat. Add shallots to pan; sauté three minutes, stirring frequently. Add garlic; sauté one minute, stirring constantly. Add wine; bring to a boil, scraping pan to loosen browned bits. Cook until liquid almost evaporates, stirring occasionally.
4. Add a quarter cup of broth to reserved one teaspoon flour; stir until smooth. Add remaining half-cup broth to pan; bring to a boil. Cook until reduced by half, about five minutes. Stir in flour mixture; cook for one minute or until slightly thick, stirring frequently. Remove from heat; stir in lemon juice, and capers. Place one chicken breast half on each of the four plates for serving; top each serving with sauce. Sprinkle each serving with parsley.



Nutritional Analysis:

Calories: 422
 Carbohydrates: 11 g
 Sodium: 94 mg
 Protein: 54 g
 Fat: 15 g
 Fiber: 1g