

Chicken Piccata

4 SERVINGS



Ingredients:

4 chicken breast halves, skin and bones removed (cutlet may be used if desired)

1 Tbsp. canola or olive oil

3 Tbsp. lemon juice

1 Tbsp. water

1/4 tsp. low-sodium chicken bouillon granules

1-1/2 tsp. dried parsley (or 2 Tbsp. fresh, minced)

Directions:

1. Place chicken between two sheets of wax paper or plastic wrap and flatten to 1/4 inch thickness using a meat mallet or rolling pin. Skip this step if using cutlets.
2. Heat oil in a large heavy skillet, preferably nonstick. Cook chicken 2-3 minutes per side until lightly browned. Remove from skillet when done and keep warm.
3. Add to skillet lemon juice, water, bouillon granules, and parsley; cook 30 seconds, stirring constantly.
4. Pour over chicken and serve.

*Per Serving: 205 Calories; 5 grams Total fat; 89 mg Sodium
3 ounces = 3 protein ounces*