

Chicken Piccata

Yield: 4 servings

Ingredients:

4 (4oz) cutlets chicken scaloppini
Freshly ground black pepper
1/8 tsp onion powder
Cooking spray
2 garlic cloves, finely chopped
½ cup unsalted chicken stock
1 tsp flour
2 Tbs lemon juice
1 tsp white wine vinegar
2 Tbs fresh parsley, chopped additional
1 Tbs capers, drained and rinsed
2 cups baby arugula
Lemon zest, finely grated
Balsamic vinegar, to taste
Pepper, to taste
Additional fresh parsley, chopped



Directions:

Season chicken with pepper and onion powder.

Spray large skillet with cooking spray and add 2 Tbs low-sodium chicken stock. Heat pan over medium heat until very hot. Cook cutlets until opaque throughout, 1-2 minutes per side. Transfer cutlets to a plate. Reduce heat under skillet.

Add garlic to the same skillet. Cook until fragrant, about 1 minute. In small bowl, whisk together the rest of the stock with flour and lemon juice. Add to pan. Simmer sauce until reduced and thickened, 2-3 minutes. Stir vinegar, parsley and capers. Heat sauce until slightly thickened.

Toss arugula and freshly grated lemon zest with a light drizzle of balsamic vinegar. Season to taste with pepper and scatter over chicken. Serve chicken with spaghetti squash, sauce on the side.

Nutrition

Calories	152
Total Fat	4.1g
Sat. Fat	1.5 g
Chol	172.3mg
Carb	2.1g
Fiber	0.2g
Protein	25.9g