

Chicken Piccata and Thin Spaghetti with Asparagus, Green Beans and Peas

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Servings: 4

1/2 pound asparagus, trimmed and cut into 2 1/2-inch pieces
1/4 pound thin green beans, cut in half on an angle
salt and pepper
1 1/2 pounds chicken breast cutlets, pounded out to 1/8-inch thickness
flour for dredging
sprinkle poultry seasoning or ground thyme
2 tablespoons extra-virgin olive oil
4 tablespoons butter, divided
1/2 pound thin spaghetti or angel hair pasta
4 cloves garlic, finely chopped
1 shallot, finely chopped
4 Meyer lemons or 3 small organic lemons, divided
3 tablespoons capers
1 cup dry crisp white wine
1 cup chicken stock
1/2 cup flat-leaf parsley, finely chopped
1/2 cup green peas
torn basil or tarragon (for garnish)

Preheat the oven to 200 degrees.

Blanch the asparagus tips and green beans in boiling salted water for 2 to 3 minutes. Then cold shock and drain. Reserve.

Bring a large pot of water to a boil for the pasta. Place a serving platter in the oven to warm.

Season the chicken cutlets with salt and pepper. Dredge in flour seasoned with poultry seasoning.

In a large skillet over medium heat, heat two tablespoons of the olive oil and one tablespoon of the butter.

Saute' the chicken until lightly golden on each side, about 8 minutes. Transfer to a warm platter.

Cook the pasta to al dente in the salted water.

Add the remaining butter to the skillet and melt.

Add the garlic and shallot. Saute' for to 3 minutes.

Slice one lemon and add it to the skillet along with the juice of a second lemon. Add the capers and stir for 1 minute more. Add the wine and reduce for 1 minute. Add the stock and parsley.

Simmer to thicken a bit. Spoon half of the sauce over the chicken and cover with foil.

Add the peas to the remaining sauce. Add the juice of the remaining lemon, the asparagus, beans and drained pasta. Toss to combine and season with salt and pepper, to taste.

Serve the cutlets with the vegetable and lemon pasta placed alongside.

Garnish with a few leaves of basil and tarragon.

Per Serving (excluding unknown items): 195 Calories; 18g Fat (84.1% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 714mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.