

Chicken

Chicken Pretzel Piccata

Jill Wendholt Silva - Kansas City Star
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Servings: 4

1/2 cup low-fat buttermilk
1 1/2 cups small, unsalted pretzels
1 pound boneless/ skinless chicken breasts
1 tablespoon olive oil
3/4 cup dry white wine
3/4 cup low-sodium chicken broth
1/3 cup fresh-squeezed lemon juice
2 tablespoons all-purpose flour
3/4 cup fat-free evaporated milk
1/4 cup flat-leaf parsley, minced
whole-grain spaghetti, cooked according to package directions
lemon wedge (for garnish)

Pour the buttermilk into a shallow dish.

Place the pretzels in a food processor and pulse several times or until finely crushed. Place the pretzel crumbs in another shallow dish.

Divide the chicken into pieces, approximately four ounces each, and place between plastic wrap. Pound until very thin.

Heat the olive oil in a large nonstick skillet over medium-high heat. Dip each piece of chicken into buttermilk and then coat evenly with pretzel crumbs. Place the chicken in the skillet and cook for 2 to 4 minutes or until golden. Turn and continue cooking for 2 to 4 minutes or until the chicken is cooked through. Remove the chicken to a platter and keep warm in the oven while preparing the sauce. (If the coating starts to overbrown while cooking the chicken, remove the chicken from the skillet, place in an ovenproof dish and bake at 350 degrees until the chicken is done.)

Add the wine, chicken broth and lemon juice to the skillet. Bring to a boil. Reduce the heat and simmer, uncovered, for 5 minutes. Whisk the flour into the evaporated milk. Pour the milk mixture into the lemon juice mixture in the skillet. Cook, stirring constantly, until the sauce bubbles and thickens.

Ladle the sauce over the chicken and sprinkle with parsley.

Serve with spaghetti.

Per Serving (excluding unknown items): 117 Calories; 4g Fat (37.0% calories from fat); 6g Protein; 9g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 65mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat.