

# Chicken Piccata

*Miss Ensley*

*Port St Lucie Elementary Family Recipe Book*

*4 boneless/ skinless  
chicken breasts  
1/4 teaspoon pepper  
3 tablespoons butter  
1/4 cup flour  
1/4 teaspoon salt  
cooking spray  
1/4 cup lemon juice*

Spray a skillet with cooking spray. Add the butter. Cook on medium heat until the butter melts.

In a bowl, combine the flour, salt and pepper. Coat each piece of chicken in the flour mixture.

In a skillet, cook the chicken for 3 to 4 minutes on each side or until golden brown. Remove the chicken from the skillet. Drain on a paper towel.

Add the lemon juice to the pan drippings in the skillet and heat thoroughly. Pour the lemon mixture over the chicken.

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Per Serving (excluding unknown items): 435 Calories; 35g Fat (70.1% calories from fat); 4g Protein; 29g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 886mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 7 Fat.