
Chicken Piccata IV

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

This Chicken Piccata is ready in about 30 minutes. Boil the water for the noodles first, then let the noodles cook while you prepare the chicken.

1 pound chicken breasts

1/2 teaspoon table salt

1/2 teaspoon black pepper

1/2 cup Italian-seasoned breadcrumbs

2 tablespoons olive oil

1/4 cup chicken broth

3 tablespoons lemon juice

2 tablespoons butter

2 tablespoons fresh flat-leaf parsley, chopped

1 package (12 ounces) cooked noodles

Cut each chicken breast in half horizontally. Place the chicken between two sheets of heavy-duty plastic wrap. Flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet.

Sprinkle the chicken evenly with salt and pepper. Lightly dredge in the breadcrumbs.

Cook half of the chicken in one tablespoon of hot oil in a large nonstick skillet over medium-high heat for 2 minutes on each side or until golden brown and a thermometer inserted into the breast registers 165 degrees. Remove the chicken to a serving platter and cover with aluminum foil. Repeat with the remaining chicken and one tablespoon of olive oil.

Add the broth and lemon juice to the skillet. Cook, stirring to loosen the particles from the bottom of the skillet, until the sauce is slightly thickened. Remove from the heat. Add the butter and parsley, stirring until the butter melts. Pour the sauce over the chicken.

Serve over warm noodles.

Chicken

Per Serving (excluding unknown items): 323 Calories; 21g Fat (59.6% calories from fat); 21g Protein; 11g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 456mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.