

Chicken Piccata

Sodium Per Serving – 97mg

Serves 4

2 tbsp all-purpose flour
1 tsp dried tarragon
1/2 tsp dried basil
1/2 tsp garlic powder
1/2 tsp dried rosemary, crushed
1/2 tsp dried thyme
1/4 tsp ground black pepper
4 boneless, skinless chicken breasts (about 1 pound), flattened to 1/4-inch thick*
1 tbsp olive oil

Sauce:
1 tbsp unsalted margarine or butter
1 large shallot, minced*
2–3 tbsp lemon juice
1/2 cup Madeira or dry white wine
1/4 tsp LS Worcestershire sauce
4–5 drops hot pepper sauce, such as *Tabasco*
2–3 tbsp lowfat milk*
1 tbsp chopped fresh flat-leaf (Italian) parsley (optional)

1. Mix flour, tarragon, basil, garlic powder, rosemary, thyme, and pepper together; dredge chicken in flour mixture, shaking off any excess.
2. Heat oil in a large skillet over medium-high heat; add chicken. Cook until lightly browned on both sides, 3 to 4 minutes per side. (Chicken is done when it is no longer pink, but still moist inside.)
3. Transfer chicken to a platter and keep warm while preparing the sauce.
4. *For the sauce:* In the same skillet, melt margarine; add shallots. Cook, stirring frequently, until shallots are soft, 1 to 2 minutes. Add lemon juice, Madeira, Worcestershire, and hot pepper sauce; cook, stirring frequently, for 2 minutes. Mix one tbsp of the pan sauce into the milk (to prevent milk from curdling); stir into shallot mixture. Cook, stirring constantly, until sauce has thickened to a gravy consistency, 2 to 3 minutes.
5. Pour sauce over chicken and serve with parsley sprinkled on top.

NUTRITIONAL INFO PER SERVING: Calories 239, Fat 7g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 8g (Fiber 0g, Sugar 1g), Sodium 87mg

*Recipe Notes

1. Turkey cutlets may be used instead of chicken, but decrease cooking time to 2 to 3 minutes on each side.
To flatten chicken: Place smooth side down, between two sheets of waxed paper, plastic wrap, or aluminum foil; pound gently with a meat mallet, rolling pin, or rubber hammer until flattened to desired thickness.
2. Shallots look like and taste like small onions, but with a mild garlic flavor.
3. For a creamier sauce, use a light cream or half-and-half.