

Chicken Piccata



Ingredients

- 1 ½ pounds, skinless chicken breast halved or sliced into cutlets
- ½ cup almond flour
- 3 Tbsp parmesan cheese
- ¼ tsp salt
- 1 dash pepper
- 4 Tbsp EVOO
- 4 tsp butter (2 for cooking chicken, 2 for Piccata sauce)
- ½ chicken broth or white wine (Sauvignon Blanc;)
- ½ cup capers
- 1 lemon, juiced (approx. 4 Tbsp)
- Fresh parsley garnish

Mix almond flour, parmesan, salt and pepper in shallow bowl.

Rinse chicken and 'bread' each piece in the flour mixture. Be sure they are well coated!

Heat EVOO and 2 teaspoons of the butter in skillet. Add chicken and allow to cook until browned (about four minutes each side).

Remove from skillet to serving dish and cover with aluminum foil.

Add remaining 2 teaspoons of butter to skillet along with white wine, lemon juice and capers. Whisk thoroughly. Simmer on low for 10 minutes.

Pour over plated chicken, garnish with chopped fresh parsley and serve immediately.

Enjoy!