

Low Fat, Low Carb Chicken Piccata



Serve it with smashed cauliflower instead of mashed potatoes

Serves 6

2 chicken breasts, filleted into 4 pieces	1/4c water	2T capers, drained, rinsed
non~stick cooking spray	3T sodium~free chicken stock powder	1/4c mushrooms, sliced
2 large shallots, finely minced	1/2c dry white wine	1/3c parsley, fresh, chopped
	2T lemon juice, fresh	

Spray large skillet with non~stick cooking spray. Preheat skillet to medium~high heat and sauté chicken until golden brown on both sides. Transfer chicken to plate.

Spray skillet again with non~stick cooking spray. Add shallots and cook 1 minute. Add water, chicken stock powder and white wine. Mix well and bring to a boil. Reduce heat, add lemon juice, capers, mushrooms and chicken and its juices back into the skillet. Simmer 5 minutes or until chicken is cooked through.

Remove chicken to plate. Bring sauce to a boil and reduce slightly. Pour sauce over chicken breasts and garnish with chopped parsley.

Nutritional information per serving:
149 cal., 4gr fat, 2.28gr carb, 21.22gr protein

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