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“Chicken Piccata”

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Classic chicken dish – looks fancy – tastes great – easy! Serve with rice pilaf, steamed vegetables and a glass of milk to make a nutritionally balanced meal. Recipe serves 4

Ingredients:

- 4 boneless skinless chicken breasts
- 1/4 cup flour
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 clove garlic, crushed
- 1 cup chicken both
- 1/4 cup lemon juice (fresh squeezed is best)
- 1-2 tablespoons small capers, drained and rinsed
- lemon and lime slices, garnish
- snipped fresh parsley, garnish

Method:

Cut chicken breasts in half; place between two sheets of plastic wrap and pound with a mallet to 1/4-inch even thickness.

Heat oil in skillet over medium high heat; dredge or dip chicken in flour, salt and pepper to taste; sauté in hot oil, about 4-5 minutes per side or until browned and cooked through. Remove chicken to a platter.

Add butter and garlic, sauté for 30 seconds. Add broth, lemon juice, and capers; heat to a boil, scraping bottom of pan to loosen juices; simmer 2 minutes. Return chicken to the pan, turning chicken to coat with sauce; simmer 5 minutes.

To serve, place chicken breasts on plate, spoon sauce over top, sprinkle with snipped parsley. Serve with a crusty roll, steamed vegetables, rice pilaf and a glass of milk.

Nutrition Facts	
Serving Size 2 pieces (194g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 5g	25%
Cholesterol 90mg	30%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 31g	
Vitamin A 4%	Vitamin C 8%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	