

Chicken Piccata



Serves 6

Ingredients:

- 1 large egg
- 1-¹/₄ cups almond meal
- ¹/₂ cup grated Parmesan cheese
- 1¹/₂ teaspoons salt
- ¹/₂ teaspoons pepper
- 1-¹/₂ pounds chicken tenders
- 8 tablespoons butter, divided
- 2 cloves garlic, minced

Adapted from AllDayIDreamAboutFood.com

- 1 cup chicken broth
- 1/2 lemon, cut crosswise and thinly sliced
- 1/4 cup lemon juice
- 2 tablespoons capers, drained
- Salt and pepper, to taste

Instructions:

1. Pre-heat oven to 200°F and set a baking rack over a large cookie sheet.
2. Spread almond meal and Parmesan cheese out on a large plate. Sprinkle with salt and pepper and then toss a little to combine.
3. In another shallow bowl or dish, beat egg until frothy.
4. Pat chicken tenders dry with paper towels. Dip each tender in nut meal and then dip in egg. Re-dip into meal to coat thoroughly.
5. In a large skillet, heat 2 tablespoons butter over medium heat until melted and hot. Add half of the chicken tenders and cook until golden brown, about 3 minutes per side. Remove to oven and add another 2 tablespoons butter to the pan. Repeat with remaining tenders.
6. Let chicken finish making in oven for 25-30 minutes.
7. Add garlic to pan and cook until fragrant, about 30 seconds. Add broth and lemon slices and bring to a simmer. Cook until thickened and reduced by half, another 7 minutes or so.
8. Add lemon juice and capers, then add remaining butter in 4 pieces. Stir until melted and smooth. (If you want a thicker sauce, whisk in 1/4 teaspoon corn starch right before serving). Season with salt and pepper.
9. Serve chicken over lightly steamed zucchini noodles or cauliflower rice. Spoon sauce over chicken before serving.

Nutrition per serving: Calories 470; Total Fat 34.2 g; Saturated Fat 13.2 g; Monounsaturated Fat 13.6 g; Polyunsaturated Fat 4.5 g; Total Carbohydrates 7.9 g; Dietary Fiber 2.9 g; Sugar Alcohols 0.1 g; Sugars 1.7 g; Protein 34.6 g; Sodium 963 mg