

Chicken Piccata



Serves 4

Ingredients:

- 1 pound chicken scaloppini (thinly sliced chicken breast)
- salt and freshly ground black pepper, as desired
- 1 tablespoon plus 1 teaspoon almond-flour
- 3 teaspoons extra-virgin olive oil, divided
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup low-sodium chicken broth
- Finely grated zest and juice of 1 lemon
- 1 teaspoon white wine vinegar
- 2 tablespoons chopped fresh parsley

- 1 tablespoon capers, drained and rinsed
- 1 tablespoon butter
- Baby arugula for serving

Instructions:

1. Season the chicken with salt and pepper and sprinkle with almond flour.
2. Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat until very hot; cook the cutlets until opaque throughout, 1 to 2 minutes per side.
3. Transfer the cutlets to a plate. Reserve the skillet. Reduce the heat under the skillet to medium.
4. Add the remaining teaspoon oil and garlic to the same skillet; cook until fragrant, about 1 minute. Whisk together the broth and lemon juice, and add to the pan.
5. Simmer sauce until reduced and thickened, 2 to 3 minutes.
6. Stir in the vinegar, parsley and capers. Swirl in the butter until sauce is shiny and slightly thickened.
7. Toss the arugula and freshly grated lemon zest with a light drizzle of olive oil; season to taste with salt and pepper.
8. Place chicken on serving plate and drizzle with sauce. Serve with arugula mixture.

Nutrition per serving: Calories 224; Total Fat 11.4 g; Saturated Fat 3.5 g; Monounsaturated Fat 5.4 g; Polyunsaturated Fat 1.6 g; Total Carbohydrates 2.5 g; Dietary Fiber 0.5 g; Sugar Alcohols: 0.0 g; Sugars 0.5 g; Protein 27.0 g; Sodium 165 mg