

Lemon Chicken Piccata

Ingredients

3 large skinless, boneless chicken breast halves - cut into 1/2-inch medallions
salt and pepper to taste
1/2 cup all-purpose flour
2 tablespoons vegetable oil, or as needed
1 clove garlic, minced
1/2 cup white wine (Alviento Corte Blanco 2016, or any crisp white wine)
1 cup low sodium chicken broth

1/2 lemon, thinly sliced
1/4 cup fresh lemon juice
2 tablespoons capers, drained and rinsed
3 tablespoons butter
2 tablespoons minced Italian (flat-leaf) parsley

Directions

1. Preheat oven to 200 degrees F (95 degrees C). Place a serving platter into the oven to warm.
2. Season the chicken breast pieces with salt and pepper and dredge them in flour. Shake off excess flour.
3. Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed .
4. Place the chicken pieces onto the warmed platter in the oven.
5. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.
6. Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds, then add white wine and cook until reduced by half, then pour in the chicken broth. Scrape and dissolve any brown bits from the bottom of the skillet.
7. Stir in the lemon slices and bring the mixture to a boil. Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes.
8. Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more. Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated.
9. Add the parsley; remove from heat and set aside.
10. Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.

*Recipe By:*LemonLush

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Delicious Vegetarian Option:

Tempeh Piccata

Ingredients

3/4 cup water
1/4 cup gluten-free tamari, or good quality soy sauce
1 (8 ounce) package of organic tempeh, any flavor
About 3 to 4 tablespoons olive oil, divided
1 medium onion, chopped small, about a cup
1/2 teaspoon salt
4 to 6 cloves garlic, sliced very thinly
2 tablespoons vegan butter substitute (I used Earth Balance)
1 cup vegetable broth
1 tablespoon organic cornstarch or arrowroot
3 to 4 tablespoons fresh lemon juice
3 tablespoons capers, drained and rinsed
Fresh parsley, chopped for garnish

Directions:

1. Preheat oven to 400°F. Line a baking tray with parchment paper.
2. Lay tempeh on a cutting board and cut into three equal pieces. Take each piece and carefully slice it in half. Slice each piece diagonally to make triangle-shaped cutlets.
3. Place water and tamari in a small pot over medium heat. Add the tempeh and simmer for 10 minutes. This important step ensures that the firm tempeh “blooms” or opens up and gets infused with flavor. When done, remove tempeh from liquid and

4. Drizzle a little olive oil on the parchment-lined baking tray and spread with a spoon or spatula to cover surface of parchment. Place tempeh on tray in a single layer, and place the tray in the oven to roast for 10 minutes, carefully flipping each piece halfway through. When nicely browned on both sides, remove from oven.

While the tempeh is roasting:

1. Place a large pan over medium-high heat. Add about 2 tablespoons of oil and the vegan **butter**. Swirl to melt.
2. Add onion and salt, then cook until soft and translucent.
3. Add garlic and cook a few minutes more, being careful not to brown the garlic.
4. Add the broth and let simmer for a few minutes.
5. Place cornstarch in a small bowl and stir in a couple of tablespoons of the simmering vegetable broth to make a slurry. When the cornstarch is dissolved, drizzle it into the pan while whisking with a fork or wire whisk.
6. Add in the lemon juice and capers, and whisk until sauce has thickened.
7. Carefully transfer tempeh from baking tray into pan and cover with sauce. Let simmer gently for a few minutes till the tempeh picks up the flavors of the sauce.
8. Remove pan from heat and sprinkle with parsley.

Credit: *Chef Linda Soper-Kolton* adapted from a recipe by *Chloe Coscarelli*