

Lisa's Favorite WW Chicken Piccata

Makes 4 Servings

Lemon juice and mustard add a perky flavor to this variation on veal piccata. To lightly pound the chicken, place each breast between 2 sheets of wax paper and pound to between ¼" and ½" thick with a mallet, a rolling pin or a canned good.

2 Tablespoons coarse-grained Dijon mustard

1 Large Egg

½ Cup Italian-seasoned dried bread crumbs

4 (1/2 pound) skinless boneless chicken breast halves, lightly pounded

2 Teaspoons olive oil

2 Tablespoons dry vermouth or chicken broth

1 Tablespoon fresh lemon juice

1 Tablespoon minced fresh parsley

Lemon slices

1. Combine the mustard and egg in a shallow bowl. Place the bread crumbs on a sheet of wax paper. Dip the chicken in the mustard mixture, then in the bread crumbs.
2. Heat a large nonstick skillet over medium heat. Swirl in the oil, and then add the chicken. Cook, until golden and cooked through, about 5 minutes on each side. Transfer the chicken to a platter and keep warm.
3. Add the vermouth and lemon juice to the same skillet. Simmer 30 second; stir in the parsley. Pour over the chicken and garnish with lemon slices.

Points 5

(I added steamed broccoli and mushrooms (4 minutes) to sauce at the end. It soaked up the juice but tasted yummy)

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