Chicken Scallopini (Serves 4)
Recipe adapted from Cooking Light, April 2003

Ingredients:

- 4 (6-ounce) skinless, boneless chicken breast halves
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup Italian-seasoned breadcrumbs
- 1 tablespoon olive oil
- 1 cup fat-free, less-sodium chicken broth
- 1/2 cup dry white wine
- 4 teaspoons capers
- 1 tablespoon butter

Directions:

1. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Brush chicken with juice, and sprinkle with salt and pepper. Dredge chicken in breadcrumbs.
2. Heat a large nonstick skillet coated with olive oil over medium-high heat. Add chicken to pan; cook 3 minutes on each side or until chicken is done. Remove from pan; keep warm.
3. Add broth and wine to pan, and cook 1-2 minutes, stirring constantly. Remove from heat. Stir in capers and butter. Spoon sauce over chicken. Serve.

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