

Charred Lemon Chicken Piccata (Serves 4)

Recipe adapted from Cooking Light, January/February 2015

Ingredients:

2 small lemons, cut into thin rounds
1 1/2 tsp. sugar
4 garlic cloves, halved
4 (6-ounce) skinless, boneless chicken breast halves, pounded to 1/2-inch thickness
1/2 tsp. kosher salt, divided
1/2 tsp. freshly ground black pepper
1 Tbsp olive oil, divided
2 Tbsp unsalted butter, divided
1 tsp. grated shallot
1/2 tsp. grated garlic
1 oregano sprig
1 thyme sprig
1/2 cup dry white wine
1 cup unsalted chicken stock
1 tsp. all-purpose flour
1 Tbsp capers, rinsed and drained
2 Tbsp chopped fresh flat-leaf parsley

Directions:

1. Combine lemon slices, sugar and garlic in a medium bowl.
2. Sprinkle chicken with 3/8 tsp. salt and pepper. Heat a large skillet over medium-high heat. Add 2 tsp. oil; swirl to coat. Add chicken to pan; cook 2 minutes on each side. Place chicken on a plate. Add remaining 1 tsp. oil to pan; swirl to coat. Add lemon mixture to pan; cook 1 minute or until lemon slices are lightly browned, turning occasionally. Return lemon mixture to bowl.
3. Wipe pan with paper towels. Heat pan over medium heat. Add 1 1/2 tsp. butter to pan; swirl until butter melts. Add shallot, 1/2 tsp. grated garlic, oregano sprig, and thyme sprig; cook 1 minute. Add wine to pan, scraping pan to loosen browned bits. Bring to a boil; cook 3 minutes or until liquid almost evaporates. Add remaining 1/8 tsp. salt, stock, and flour to pan, stirring with a whisk. Bring to a boil; reduce heat, and put chicken with remaining juices back into pan to finish cooking. Simmer until chicken is cooked through.
4. Remove pan from heat; discard oregano and thyme sprigs. Stir in remaining 1 1/2 Tbsp butter and capers, stirring until butter melts. Top chicken with lemon mixture. Sprinkle with parsley.

www.melissalikestoeat.com