

Chicken Piccata Pasta Toss (Serves 4)

Recipe slightly adapted from [Rachael Ray](#)

Ingredients:

2 Tbsp extra-virgin olive oil
1 1/3 pound chicken breast tenders, cut into 1-inch pieces
Salt and pepper
1 1/2 Tbsp unsalted butter
4 cloves garlic, minced
2 shallots, chopped
2 Tbsp all-purpose flour
1/2 cup white wine
1 lemon, juiced
1 cup chicken broth or stock
3 Tbsp capers, drained
1/2 cup flat-leaf parsley, chopped
1 pound penne rigate pasta, cooked to al dente
Chopped or sniped chives, for garnish

Directions:

1. Heat a deep skillet over medium high heat. Add a tablespoon of extra-virgin olive oil and the chicken to the pan. Season chicken with salt and pepper. Brown chicken until lightly golden all over, about 4-5 minutes. Remove chicken from pan and return the skillet to the heat.
2. Reduce heat to medium. Add another tablespoon of extra-virgin olive oil and 1 tablespoon butter, the garlic and shallots to the skillet. Saute garlic and shallots 3 minutes. Add flour and cook 2 minutes. Whisk in wine and reduce liquid 1 minute. Whisk lemon juice and broth into sauce. Stir in capers and parsley.
3. When the liquid comes to a bubble, add remaining 1/2 tablespoon of butter to the sauce to give it a little shine. Add chicken back to the pan and heat through until fully cooked, about 2-3 minutes.
4. Toss hot pasta with chicken and serve. Adjust salt and pepper, to your taste. Top with fresh sniped chives.

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