



Chicken with Capers & Lemony Green Beans

{serves 3-4, from bakeat350goessavory.com}

2-3 boneless, skinless chicken breasts (I like the organic, all-natural variety)

1 & 1/2 TBSP Dijon mustard

1/3 cup unbleached, all-purpose flour

kosher salt

freshly ground black pepper

olive oil

4 (or so) cups fresh green beans, trimmed

1 & 1/2 TBSP butter, divided

2 lemons, 1 sliced, 1 juiced

1 heaping TBSP capers

Place the chicken breast on a cutting board and cover with plastic wrap. Flatten with a mallet or a rolling pin, until thinned. Slice across the width of each breast, making two pieces.

Rub the chicken on both sides with the Dijon mustard. Place the flour in a shallow dish. Toss the flour with a large pinch of salt and freshly ground pepper. Add in the chicken pieces, one at a time, coat with flour, shake off excess and set aside.

Heat some olive oil in a skillet over medium heat. Add the chicken and cook for 4 minutes on each side, or until cooked through. Place one or two pieces on each plate and set aside.

Add a bit more olive oil to the pan, then add the trimmed green beans. Season with a pinch of salt and freshly ground pepper. Cook, stirring frequently for 3 minutes. Add the lemon slices and 1/2 TBSP butter, toss, and cook one minute more. Remove to plates.

Add the 1 tablespoon butter to the pan along with the lemon juice and capers. Cook until the butter melts and the sauce is warm. Spoon over the chicken.

