

# CHICKEN PICCATA

## Ingredients

- 2 tablespoons arrowroot flour (can substitute cornstarch if needed)
- 3/8 teaspoon fine sea salt, divided
- 1/2 teaspoon black pepper, divided
- 1 pound boneless skinless chicken thighs
- 1 tablespoon extra virgin olive oil
- 1/2 small onion, thinly sliced
- 1 medium garlic clove, minced
- 1 tablespoon lemon juice
- 1/4 cup dry white wine\*
- 1/2 cup low-sodium chicken broth
- 2 tablespoons capers
- 1/2 tablespoon unsalted butter
- 2 tablespoons fresh parsley, chopped

\*Note: To make this recipe without wine, substitute with equivalent amount of vegetable broth plus 1 tablespoon of white wine vinegar.

## Directions

1. Place arrowroot flour, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a wide shallow bowl and set aside.
2. Pat chicken dry and coat each piece in the arrowroot flour, shaking off excess.
3. In a large pan over medium-high heat, heat 1 tablespoon oil. Add chicken, working in batches if needed, to brown on both sides, about 3 minutes per side. Transfer to a plate and set aside. Add more oil between batches, if necessary.
4. Once chicken is finished, reduce heat to medium. Add onion and garlic to pan and sauté until soft, about 3 minutes.
5. Add lemon juice, wine, broth, capers, 1/2 tablespoon butter, and 1/4 teaspoon pepper to the skillet and bring to boil, scraping up any browned bits and stirring to combine.
6. Reduce heat to simmer and return chicken to pan, cooking until sauce has thickened, about 5 minutes.
7. Turn off heat and add parsley just before serving.

45 MINUTES | SERVES 4

*Nutrition Facts (using dry white wine)*  
222 calories | 11g fat | 3g saturated fat | 501mg sodium | 7g carbohydrate | 1g fiber | 1g sugar | 22g protein