

Chicken with Lemon and Capers

Traci Horany Bayer

This is so good and super easy!

2 boneless, skinless chicken

breast halves

Salt and pepper

¼ cup flour

1 tsp. olive oil

1 tsp. unsalted butter

Sauce:

¼ cup dry white wine

½ cup chicken broth

2 Tbsp. lemon juice

2 Tbsp. capers

1 Tbsp. minced fresh parsley to
garnish

Pound chicken breast halves between two pieces of Saran Wrap to about ¼-inch thickness. Salt and pepper each side and dust with flour; set aside.

Heat a heavy 10-inch skillet over medium-high heat and add oil and butter. When bits of butter begin to darken in the pan, add the chicken breast halves and cook, undisturbed, for 5 minutes, then flip them over. They should be nicely browned and crispy. Reduce heat to medium and cook another 4 to 5 minutes on the second side. Remove chicken from the skillet to a warm oven while preparing the sauce.

Sauce: Add wine to the hot skillet to deglaze the pan, scraping up any browned bits stuck to the pan. When the wine has almost evaporated, add the chicken broth, bring it to a boil, and reduce by almost half. Add the lemon juice and capers and continue to reduce until the sauce is of a thin glaze consistency. Taste for seasoning and add additional butter if it's too tart.

I serve this with whole wheat thin spaghetti. Plate the chicken breasts and spoon the sauce over them. Top with minced parsley or chives.