



Chicken Piccata

4 boneless, skinless chicken breast halves
1 cup, plus 2 Tbsp flour
2 Tbsp. Watkins Chicken Seasoning
2 tsp. freshly-ground Watkins Royal Peppercorn Blend
1 tsp. freshly-ground Watkins Sea Salt
1 cup low-fat sour cream
½ cup Watkins Original Grapeseed Oil
1 tsp. Watkins Garlic Liquid Spice
¾ cup low-fat chicken broth
¾ cup white wine
1 Tbsp. fresh lemon juice
4 Tbsp. capers, drained

½ lb. angel-hair pasta
2 Tbsp. butter
Parmesan cheese

Directions:

Combine 1 cup flour, Chicken Seasoning, pepper and salt; set aside. Pound chicken breasts to ¼-inch thickness. Dip chicken in sour cream and then into flour mixture to coat; sprinkle with extra Chicken Seasoning, if desired.

Heat grapeseed oil and Garlic Liquid Spice in skillet. Add chicken and brown about 5 minutes per side, or until no longer pink in the middle. Remove chicken to a plate, cover with foil and keep warm.

In the same skillet, bring chicken broth, wine, lemon juice, and capers to a boil; reduce heat to medium and cook for 5 minutes. Mix 1 to 2 Tbsp flour with equal parts water and add to sauce for thickening. Allow sauce to thicken to desired consistency.

Cook pasta; toss with butter and Parmesan cheese. Serve chicken over pasta; pour sauce over all and serve immediately. Sprinkle additional cheese on top, if desired.

Makes 4 servings.



Recipe by Jacquelyn Cooper
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