

## **Chicken Piccata**

**Brought to you by Holly Clegg and *Eating Well Through Cancer***

This recipe continually gets rave reviews in my house. Simple elegance.

Makes 6-8 servings

1/2 cup all-purpose flour  
Salt and pepper to taste  
1 teaspoon dried oregano leaves  
2 pounds boneless skinless chicken breasts  
3 tablespoons olive oil  
2 cups canned fat-free chicken broth  
1 teaspoon minced garlic  
1/4 cup lemon juice  
2 tablespoons chopped parsley, optional

1. In small bowl, combine flour, salt and pepper, and oregano. Coat each chicken piece with mixture; set aside.
2. In skillet coated with nonstick cooking spray, heat oil and cook chicken breasts on each side until golden brown over medium-high heat. Remove chicken from pan as needed to brown all pieces. Add chicken broth, garlic, and lemon juice to pan, scraping sides of pan. Return chicken to pan and bring to boil.
3. Reduce heat, cover, and simmer 10 - 15 minutes or until chicken is done. Sprinkle with parsley, if not Neutropenic, and serve.

Nutritional information per serving

Calories 205, Protein (g) 28, Carbohydrate (g) 7, Fat (g) 7, Cal. from Fat (%) 30, Saturated Fat (g) 1, Dietary Fiber (g) 0, Cholesterol (mg) 66, Sodium (mg) 229, Diabetic Exchanges: 3 very lean meat, 0.5 starch, 1 fat

DOC'S NOTES: Don't use fresh parsley if Neutropenic.