

Lemony Chicken Piccata with Rice and Veggies

Ingredients:

- 4 chicken tenderloins or 2 breasts
- Salt and pepper
- Flour
- Milk
- Olive oil
- 2 tbsp garlic, minced
- 1 c chicken broth
- 1/2 lemon, sliced
- 1/4 c lemon juice
- 2 tbsp capers, drained (come in a jar near pickles usually)
- 3 tbsp butter
- 2 tbsp (heaping) parsley

Directions:

1. Preheat oven to 200 degrees F*
2. Place oven safe casserole dish or platter into the oven to warm
3. Heat a pan to brown chicken on stovetop
4. Put some flour on a dish
5. Pour some milk on another plate
6. Pour a mix of Italian bread crumbs, garlic powder, onion powder, salt, and pepper on another plate
7. Put out a tray or plate that is empty
8. Clean chicken
9. Dip chicken in milk
10. Dredge (coat) chicken in flour
11. Set on empty plate
12. Repeat for each piece
13. Take a piece of chicken and dip it in milk again
14. Dredge chicken in bread crumb mixture
15. Place back on plate
16. Repeat for each piece
17. Add oil to pan, only a couple tbsp at most
18. Quickly brown each piece of chicken
19. Place in warmed casserole dish in oven
20. Cover with tin foil or a lid and cook until meal is done and chicken is cooked through
21. In the same pan/skillet, stir in minced garlic, cook about 20 seconds
22. Pour in chicken broth
23. Add lemon slices
24. Let come to a boil, cook about 5-8 minutes
25. Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more

26. Add butter into the skillet and swirl it into the sauce
27. Add the parsley; remove from heat and set aside
28. Arrange the chicken on serving plates and spoon sauce over each portion

Rice:

Use the white rice recipe found on my blog, but add 2 or 3 lemon slices, 1 tsp capers, and 1 tbsp parsley to the sauce pan, along with the rice, water, and butter from the recipe.

Lemony Mixed Vegetables:

Cook them in a skillet. Add 1 c water, 1 chicken bouillon cube, 2 cups veggies, 1 tsp capers, 2 lemon wedges, and 1 tbsp garlic (minced). Let come to a boil. Cook until veggies are done and liquid is evaporated.