

Fresh Herb Crusted Chicken Breasts with Lemon Caper Sauce

From Phillis Carey, *Fast & Fabulous Chicken Breasts*, 2005



This is a variation of a bread crumb breaded chicken piccata

4 pieces boneless skinless chicken breast halves

Salt and freshly ground black pepper

2 whole eggs

1 tablespoon Dijon mustard

1 tablespoon water

2 cups fresh breadcrumbs

1 tablespoon fresh thyme, minced

1 tablespoon Italian parsley, fresh, minced

2 tablespoons unsalted butter

2 tablespoons olive oil

LEMON CAPER SAUCE:

3/4 cup dry white wine

3 tablespoons shallots, chopped

2 tablespoons fresh lemon juice

4 tablespoons unsalted butter, chilled, cut into 8 pieces

2 tablespoons capers, drained

Servings: 4

1. Preheat oven to 400°.

2. Trim chicken breasts and pound between two sheets of plastic wrap to an even 1/2 inch thickness. Season chicken with salt and pepper to taste.

3. In a shallow bowl or pie plate whisk together the eggs, mustard and water. In another shallow bowl combine the breadcrumbs, thyme and parsley. Dip chicken pieces in egg mixture and then coat with breadcrumb mixture, pressing to adhere.

4. Melt butter with olive oil in a large nonstick skillet over medium-high heat. Add chicken breasts and cook 2 minutes per side to brown - do not burn. Transfer chicken to a baking sheet. Bake for 7-9 minutes or until chicken is cooked through.

5. SAUCE: Combine wine, shallots and lemon juice in a medium saucepan. Bring to a boil over high heat and cook to reduce the amount to 1/4 cup, about 5 minutes.

Reduce heat to very low and add butter, one piece at a time, taking care not to let the sauce bubble. Remove from heat and stir in capers. Season to taste with salt and pepper if needed. Pass sauce and spoon over the chicken pieces.

Per Serving (excluding unknown items): 481 Calories; 29g Fat (58.1% calories from fat); 33g Protein; 14g Carbohydrate; 1g Dietary Fiber; 221mg Cholesterol; 325mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>