



Charred Lemon Chicken Piccata



SAVE
RECIPE



RECIPE
INDEX



TAP TO
CLOSE

Hands-on: 37 min. Total: 37 min.

Lightly charring the lemon slices intensifies their flavor and creates a gorgeous look. Be sure to include any of the sweet, tangy liquid the lemons give off in the bowl; it adds incredible depth to the sauce.

- 2 small lemons,
cut into thin rounds
- 1½ teaspoons sugar
- 4 garlic cloves, halved
- 4 (6-ounce) skinless,
boneless chicken
breast halves, pounded
to ¾-inch thickness
- ½ teaspoon kosher salt,
divided
- ½ teaspoon freshly
ground black pepper
- 1 tablespoon olive oil, divided
- 2 tablespoons unsalted
butter, divided
- 1 teaspoon grated shallot

1. Combine lemon slices, sugar, and garlic in a medium bowl.
2. Sprinkle chicken with ¾ teaspoon salt and pepper. Heat a large skillet over medium-high heat. Add 2 teaspoons oil; swirl to coat. Add chicken to pan; cook 4 minutes on each side or until done. Place chicken on a plate. Add remaining 1 teaspoon oil to pan; swirl to coat. Add lemon mixture to pan; cook 1 minute or until lemon slices are lightly browned, turning occasionally. Return lemon mixture to bowl.
3. Wipe pan with paper towels. Heat pan over medium heat. Add 1½ teaspoons butter to pan; swirl until butter melts. Add shallot, ½ teaspoon grated garlic, oregano sprig, and thyme sprig; cook 1 minute. Add wine to pan, scraping pan to loosen browned bits. Bring to a boil; cook 3 minutes or until liquid almost evaporates. Add remaining ⅛ teaspoon salt, stock, and flour to pan, stirring with a whisk. Bring to a boil;

SERVES 4 (serving size: 1 chicken breast half and about 3 tablespoons sauce)
CALORIES 332; FAT 13.7g (sat 5.1g, mono 5.5g, poly 1.2g); **PROTEIN 38g; CARB 7g;**