

Herbed Chicken Picatta

INGREDIENTS

- 2 boneless, skinless chicken breasts (6 to 8 ounces each)
- Kosher salt and black pepper
- 2 tablespoons olive oil
- 1/4 cup dry white wine or vermouth
- 1 tablespoon fresh lemon juice
- 2 tablespoons butter
- 1-1/2 tablespoons capers, rinsed
- 1/4 cup snipped or chopped herbs
(basil, chives, dill, mint or parsley – or a combination)



With a sharp knife, slice each chicken breast horizontally in half to create 4 thin pieces. Season both sides of each piece with salt and pepper.

Heat the oil in a 12" skillet over medium-high heat. Add the chicken slices in a single layer and cook until the underside is lightly browned, about 3 minutes. Turn the chicken over and cook on the other side until it is cooked through, 2 to 3 minutes more. Transfer the chicken to 2 warm dinner plates.

With the skillet off heat, stir in the wine, lemon juice, and capers. Put it back over medium heat and swirl in the butter until melted and incorporated.

Stir in the herbs. Spoon the sauce over the chicken and serve right away.

2 Servings

Created for the AeroGarden by award-winning chef and author, Jerry Traunfeld