

Herbed Chicken Piccata

Published: Cooking Light- 08/02/02

INGREDIENTS

2 tablespoons dry breadcrumbs
1 teaspoon dried basil
1 teaspoon grated lemon rind
1/8 teaspoon pepper
2 garlic cloves, minced
4 (4-ounce) skinned, boned chicken breast halves
Cooking spray
1 teaspoon margarine
8 thin lemon slices
1/4 cup low-salt chicken broth
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice



INSTRUCTIONS

1. Combine first 5 ingredients in a shallow dish; set aside.
2. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Lightly coat both sides of chicken with cooking spray; dredge chicken in breadcrumb mixture.
3. Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook 4 minutes on each side or until done. Remove chicken from skillet. Set aside; keep warm. Add lemon slices to skillet; saute 30 seconds. Add broth, parsley, and lemon juice; cook 1 minute. Spoon sauce over chicken.

YIELD: 4 servings

PREPARATION TIME: 15 minutes

COOKING TIME: 12 minutes

NUTRITIONAL INFO: CALORIES 160 (16% from fat); FAT 2.9g (sat 0.6g, mono 0.8g, poly 0.7g); PROTEIN 27.3g; CARB 6.9g; FIBER 0.4g; CHOL 66mg; IRON 1.4mg; SODIUM 115mg; CALC 46mg