

## CHICKEN PICCATA

Sodium Per Serving – 97mg

Serves 4

You won't believe how easy it is to make this delicious dish, which is served in many upscale restaurants. Although chicken piccata is often prepared with capers (which are high in sodium), this version, without the capers, is just as tasty. This is an impressive dinner party entrée and takes less than 15 minutes to prepare, so have everything ready before cooking the chicken. Serve with **CARAMELIZED SHALLOTS AND ASPARAGUS** (page 171) and **BASIC STEAMED RICE** (page 195).

**2 tablespoons all-purpose flour**

**1 teaspoon dried tarragon**

**½ teaspoon dried basil**

**½ teaspoon garlic powder**

**½ teaspoon dried rosemary,  
crushed**

**½ teaspoon dried thyme**

**¼ teaspoon ground black pepper**

**4 boneless, skinless chicken  
breasts (about 1 pound),  
flattened to ¼-inch thick<sup>1</sup>**

**1 tablespoon olive oil**

*Sauce:*

**1 tablespoon unsalted margarine  
or butter<sup>2</sup>**

**1 large shallot, minced<sup>3</sup>**

**2–3 tablespoons lemon juice**

**½ cup Madeira or dry white wine**

**¼ teaspoon low-salt Worcester-  
shire sauce**

**4–5 drops hot pepper sauce, such  
as *Tabasco***

**2–3 tablespoons lowfat milk<sup>4</sup>**

**1 tablespoon chopped fresh flat-  
leaf (Italian) parsley (optional)**

▶ Mix flour, tarragon, basil, garlic powder, rosemary, thyme, and pepper together; dredge chicken in flour mixture, shaking off any excess.

▶ Heat oil in a large skillet over medium-high heat; add chicken. Cook until lightly browned on both sides, 3 to 4 minutes per side. (Chicken is done when it is no longer pink, but still moist inside.)

▶ Transfer chicken to a platter and keep warm while preparing the sauce.

▶ *For the sauce:* In the same skillet, melt margarine; add shallots. Cook, stirring frequently, until shallots are soft, 1 to 2 minutes. Add lemon juice, Madeira, Worcestershire, and hot pepper sauce; cook, stirring frequently, for 2 minutes. Mix one tablespoon of the pan sauce into the milk (to prevent milk from curdling); stir into shallot mixture. Cook, stirring constantly, until sauce has thickened to a gravy consistency, 2 to 3 minutes.

▶ Pour sauce over chicken and serve with parsley sprinkled on top.

*NUTRITIONAL INFO PER SERVING: Calories 239, Fat 7g (Saturated Fat 1g), Cholesterol 69mg, Carbohydrates 8g (Fiber 0g, Sugar 1g), Sodium 87mg*

### COMMENTS:

**1** See COMMENTS #1, page 98, for flattening instructions.

Turkey cutlets may be used instead of chicken, but decrease cooking time to 2 to 3 minutes on each side.

**2** To reduce saturated fats, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 109mg.

**3** For information on selecting and storing shallots, see FOOD NOTE, page 171.

**4** For a creamier sauce, use a light cream or half-and-half.

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

1 lb chicken breasts - 307mg  
1 shallot - 2mg  
⅓ cup Madeira wine - 9mg  
¼ t LS Worcestershire - 5mg  
4 drops red pepper sauce - 8mg  
2 T LF milk - 15mg  
1 T parsley - 2mg

#### Fat (Sat Fat):

1 lb chicken breasts - 6mg (2mg)  
1 T olive oil - 14mg (2mg)  
1 T NSA margarine - 8mg (2mg)  
or NSA butter - 12mg (8mg)  
2 T LF milk - 1mg (0mg)