

## RECIPE FOR YOUR HEALTH

# HEALTHY CHICKEN PICCATA WITH MUSHROOMS

*Traditionally, Italian Piccata is made with veal or chicken. This recipe calls for chicken cutlets or chicken tenders. It can also be used with mild fish filets, scallops or shrimp. I like the addition of mushrooms, which contain selenium, an antioxidant trace mineral that helps strengthen the immune system.*

## INGREDIENTS

(Choose organic ingredients when available.)

- 4 chicken cutlets (4 to 5 ounces each) or 1 pound of chicken tenders
- Sea salt (or rock salt) to taste (optional)
- Freshly ground black pepper to taste
- 1 ½ cups low-sodium chicken broth
- ¾ cup whole-wheat flour, divided
- 3 tablespoons fresh, cold-pressed extra-virgin olive oil
- 1 clove garlic, minced
- 1 10-ounce package of mushrooms, sliced
- Juice from 1 large lemon or 3 to 4 tablespoons fresh lemon juice
- 2 tablespoons capers, drained and rinsed (optional)
- ¼ cup chopped Italian parsley, fresh

## DIRECTIONS

1. Season both sides of the chicken with salt and pepper (optional).
2. In a bowl, whisk together chicken broth with 5 tablespoons of flour until smooth, and set aside.
3. Place remaining flour in a dish.
4. In a large skillet, heat 3 tablespoons of olive oil over medium heat.
5. Coat the chicken with the flour. Arrange the chicken in the pan and cook until browned on both sides, 2 to 3 minutes per side.
6. Transfer the chicken to a plate and set aside. Add the mushrooms and garlic to the pan and sauté for about 5 minutes. Then add the chicken broth mixture and the lemon juice. Bring to a boil. Add the chicken back to the pan along with the optional capers. Bring back to a boil. Reduce the heat to low and simmer for 2 to 3 minutes.
7. Garnish with fresh chopped parsley and slices of lemon. Serve over whole wheat pasta or egg noodles with steamed spinach.

## NUTRITION FACTS

(without added salt and capers)

### SERVINGS 4

### AMOUNT PER SERVING

### 372 CALORIES

**total fat** (13.9g), **saturated fat** (1.7g), **cholesterol** (73mg), **sodium** (345mg), **total carbohydrate** (24.4g), **dietary fiber** (1.8g), **total sugars** (1.6g), **protein** (34.9g), **vitamin D** (255mcg), **calcium** (18mg), **iron** (5mg), **potassium** (710mg)



Recipe and photo by Layne Lieberman, MS, RD, CDN, culinary nutritionist and award-winning author of *Beyond the Mediterranean Diet: European Secrets of the Super-Healthy*. For more information and recipes, visit [www.WorldRD.com](http://www.WorldRD.com).