

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.