



Mushroom Chicken Piccata

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 4

4 chicken cutlets (4 ounces each)

Salt

Freshly ground black pepper

4 teaspoons olive oil, divided

12 ounces crimini mushrooms, quartered

2 teaspoons minced fresh garlic

1/4 cup dry white wine

1/2 cup low-sodium chicken broth

1 lemon

2 tablespoons capers, with juice



Season chicken with salt and pepper on both sides and heat a large sauté pan over medium heat. Add 2 teaspoons olive oil and warm briefly, then add chicken and cook until nicely browned, about 2 minutes per side. Remove to a plate and cover.

In the same pan, warm the remaining olive oil over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Flip mushrooms, add garlic and cook another 2 minutes. Add wine and scrape up any browned bits in the pan. Bring to a boil and add stock, then return heat until it is bubbling nicely. Slice 4 very thin slices of lemon and add to the pan along with the juice from half of the lemon. Add capers and continue cooking sauce till it becomes a glaze, about 2 more minutes. Add the chicken to the sauce and heat through, then serve.

199 Cals, 6g Fat, 2g Fiber

POINTS value: 4

Each serving provides: 65mg cholesterol (22% Daily Value), 250mg sodium (10% Daily Value), 1g dietary fiber (4% Daily Value), 29g protein (60% Daily Value), 0% Daily Value for vitamin D, 8% Daily Value for iron, 10% Daily Value for vitamin C, 0% Daily Value for vitamin A, 4% Daily Value for calcium