



Chicken Piccata Plus

1/4th of the recipe:

**222 Calories, 29 g Protein, 3 g Fat,
0 g Saturated Fat,
15 g Carbs, and 1400 g Sodium**

Ingredients:

- 1 pound cleaned skinless chicken breast sliced thin or pounded
- 2 c low sodium chicken broth
- 1/4 c white wine
- 1/4 c lemon juice
- 1 c roasted red peppers chopped
- 3.5 oz capers (drained and rinsed)
- 8 oz frozen chopped spinach
- 1 can quartered artichoke hearts (drained & rinsed)
- 2 TBL grey poupon

When ready to cook, heat the grill, then grill chicken on medium flame, turning once, do not cook all the way through, just get grill marks.

Instead of grilling you could sear in a saute pan, but you would need to add oil. Grilling eliminates the need for oil.

Remove chicken from heat and set aside.

In a sauté pan over medium heat, combine chicken broth, wine, lemon juice and grey poupon.

Next add capers and chicken, simmer for 10 mins.

The chicken will cook in about 10-15 mins, but simmering in the broth moistens the chicken.

Add spinach, artichokes and roasted peppers, simmer 10-15 mins and serve.

You can add a pinch of salt & black pepper if you like.

Notes: Sodium is high due to the capers, I drained & rinsed mine well, so the sodium maybe lower than calculated from the label.

In the picture the chicken piccata is served with trader joe's frozen mashed potatoes.

This could be made without the spinach, roasted pepper & artichokes, and it would be regular piccata.

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