

Brett's chicken piccata with mushrooms:

Ingredients:

Light Olive oil – 2 Tbsp
2 cloves of garlic (roasted and chopped)
seasoned flour – 3 Tbsp
2 chicken breasts - pound out and cut into 4 pieces
mushrooms 1 cup
capers – 1 tsp
lemon zest 1tsp
lemon juice 1 tsp
white wine 8 oz
brown mustard 1 tsp

Brown rice

Prepare chicken, flour with seasoned flour.

Put 2 Tbsp of Olive Oil in sautee pan

Brown chicken with garlic (make sure garlic does not burn !)

Take out chicken after quick browning, put in oven at 350 to finish cooking (toaster oven works well for this)

Deglaze your sautee pan with white wine.

Add lemon zest, lemon juice, capers and mustard. Continue whisking until completely deglazed.

Add mushrooms to the sauce - if mushrooms soak up a lot of sauce can add a little bit of chicken stock .

Make brown rice.

Serve ½ cup brown rice with 1 piece of chicken and a bit of sauce on top. Supplement with some other type of cooked vegetables, we like broccoli.

Enjoy.

Makes 4 servings;

Calories: 311

Sat Fat: 0.9 g

Carbs: 30.2 g

Fiber : 2.3 g