

# HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

## Pollo al Limone (Lemon Chicken)



### Ingredients

- 2 lb (1 kg) boneless, skinless chicken breasts (or scaloppini)
- Salt and freshly ground pepper, to taste
- Flour, for dredging
- 3 tbsp (45 mL) extra-virgin olive oil
- 2 garlic cloves, whole
- 2 tbsp (30 g) capers
- 1/2 cup (125 mL) white wine
- 1-2 tbsp (15-30 mL) unsalted butter
- Zest and juice of 1 lemon
- Chopped fresh flat-leaf parsley, to taste

### Instructions

Place a sheet of plastic wrap over the chicken breast and pound the chicken breasts until they're about a 1/4 inch (5 mm) thick. Season with salt and pepper on both sides and dredge in flour. Heat olive oil in a frying pan on medium high and add the garlic and capers. Cook for 1 minute or so. Add the chicken breasts to the pan and lightly brown them on both sides. Pour in the wine, add the butter and the lemon zest and juice. Garnish with parsley. Let cook for a few minutes until the wine reduces and the sauce thickens.

***Buon Appetito!!***