

Zesty Lemon Chicken Cutlets

This recipe serves: 4

Preparation time : 10 minutes

Cooking time : 10 minutes

Ingredients

1 pound chicken cutlets

salt to taste

freshly ground black pepper

1/4 cup flour

1 tablespoon olive oil

1 cup low-sodium chicken broth

1 teaspoon finely chopped garlic

2 tablespoons fresh lemon juice

1/4 teaspoon finely grated lemon zest

2 tablespoons chopped fresh parsley

2 tablespoons capers

Cooking Instructions

1. Season the chicken cutlets with salt and pepper and dredge them in flour.
2. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the chicken and cook until golden brown on each side, about 2 minutes per side. Transfer the chicken to a platter and keep warm.
3. Add the stock and garlic to the skillet, bring the stock to a boil and reduce it by half. Add the lemon juice, lemon zest, parsley and capers. Simmer for 30 seconds and pour the sauce over the chicken. Serve immediately.

Nutrition Facts

Serving Size 2 cutlets

Amount Per Serving

Calories 195

Total Fat 5 g

Saturated Fat 1 g

Protein 28 g

Total Carbohydrate 8 g

Dietary Fiber 1 g

Sodium 294 mg

Percent Calories from Fat 25%

Percent Calories from Protein 59%

Percent Calories from Carbohydrate 16%