

Chicken with Lemon-Caper Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 2

Hints: Panko is a crunchy coating that can be found in the Asian aisle of your supermarket. It adds a nice crunchy texture to any chicken, fish or shrimp. A microplane is used to zest the lemon. It's a great tool to have in your kitchen to use to zest lemons, oranges, limes and even grating cheeses.



1/4 cup Panko crumbs
1/4 teaspoon salt and pepper
2 – 6 ounce boneless, skinless chicken breasts
3 teaspoons unsalted butter, divided
1 teaspoon olive oil
1/4 cup fresh lemon juice
Zest from 1 lemon
3/4 cup fat-free, reduced sodium chicken broth
2 gloves minced garlic
2 tablespoons capers, well rinsed and drained
1/2 pound asparagus, ends trimmed
1 teaspoon butter

Option: Serve over 2 servings for brown rice. If you decide to serve rice, read your package directions and add cooking time if you are not using quick cooking rice which takes about 5-25 minutes.

Combine the Panko crumbs, salt and pepper in a paper plate or shallow pan. Rinse the chicken and the breasts in half. Take a large piece of plastic wrap and lay half a piece of chicken on it. With a heavy skillet or meat mallet, pound each piece to 1/3 inch thick and set on a plate. Heat the butter and olive oil over medium heat in a sauté pan. When the butter has melted to a golden color, dredge the chicken on both sides in the crumbs and gently place them in the pan covered. Set your kitchen timer and cook for 3-4 minutes on each side. If the skillet is dry when you turn the chicken over, add 2 teaspoons of oil. Wash everything that has come in contact with the raw chicken. When the time has passed and they are done, remove them from the pan and put in another container to keep warm. In the meantime you can start on the sauce.

Roll your lemon on your countertop to start the juices flowing before you cut into it. Use a microplane to zest the lemon. You only want the yellow part. Don't go into the white layer of the lemon because it will be bitter. The lemon will be easier to zest if you do it before you cut in half for the juice. Zest it into a small bowl. Get out a medium mixing bowl and cut the lemon in half and squeeze 1/4 cup of juice into the bowl, throwing away the seeds. Stir in the chicken broth, garlic and capers. Slowly pour this mixture into the hot skillet, loosening the brown bits from the pan. Raise the heat slightly to bring the mixture to a boil until it reduces by half in about 5 minutes. Add the asparagus and cook 3 minutes. Remove the pan from the heat, stir in the butter and lemon zest.

If you have made rice, spoon portions of rice on each plate. Put a piece of chicken and some asparagus on each plate. Spoon the sauce over all and enjoy a light, healthy dinner.