

ingles

Cooking with Class



Battery Park
B I S T R O

Chicken Piccata

Ingredients:

- 4 boneless, skinless chicken breasts, pounded out
- 6 artichoke hearts, sliced
- ¼ cup capers, small
- 1 lemon, sliced thin
- ½ stick butter, sliced into pats
- ¼ cup fresh garlic, minced
- ¼ cup fresh basil, chiffonade
- ½ cup white wine
- Salt, to taste
- Olive oil to sauté chicken breasts
- 1 lb. linguini
- Flour to dredge chicken

In a medium size sauté pan, heat oil on medium-high heat, lightly brown chicken breasts on both sides. Deglaze pan with white wine and add garlic, capers and, artichoke hearts. Next add butter, lemon slices and, a pinch or two of salt. Meanwhile, cook linguini as directed. Reduce heat to medium on chicken and add basil. Remove lemon slices and serve over hot linguini.

Makes 4 servings (approx. ½ cup cooked pasta per serving): 416 calories; 18 grams fat; 30 grams carbs

