

Chicken Piccata

For that elegant touch for dinner, this is a favorite and serves nicely over fetucini or linguini (preferably whole wheat).

4 Skinless, boneless Chicken breasts pounded halves
2 Tbs Butter
1 Tbs Olive Oil
¼ Cup Red Wine Vinegar
¼ Cup Lemon Juice
2 Tbs Capers
2 Tsp freshly crushed Garlic
¼ Tsp Salt
¼ Tsp fresh ground Black Pepper
Chopped fresh flat-leave Parsley
Artichokes (Jar or Can)
Whole Frozen Green Beans (When doing F2F)

Place Chicken in EOC on medium heat (350°) to precook Chicken. Meanwhile, combine Butter, Oil, Vinegar, Lemon Juice, Capers, Minced Garlic, Salt, and Pepper in Chef's Gourmet Pan on medium heat. When Butter is melted, pour over precooked Chicken. (OPTION: Top with fresh or frozen vegetables.) When EOC clicks, turn down to low (175°) and cook for approximately 20 minutes. Serve over cooked pasta using the Parsley as garnish.