

Cain's Corner

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Nutrition Tips from USAPEEC's
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chicken piccata

4 boneless skinless chicken thighs
1/2 cup flour
1/2 cup cornstarch
salt and pepper, to taste
6 Tbsp olive oil
1 large shallot, thinly sliced
1/2 cup chopped mushrooms
5 Tbsp fresh lemon juice
2 cups white wine
3 Tbsp unsalted butter
4 Tbsp capers
4 servings cooked brown rice
4 Tbsp chopped fresh sage

- 1) Combine flour, cornstarch, and 2 pinches each of salt and pepper. Dredge chicken in mixture.
- 2) Heat 4 Tbsp oil over medium heat in cast iron skillet. Cook the chicken until browned and the internal temperature reaches 165 degrees F. Set chicken aside.
- 3) Add the remaining 2 Tbsp olive oil to the skillet and saute the shallot for about a minute. Add the mushrooms and saute another couple of minutes.
- 4) Deglaze skillet with lemon juice and wine, then cook until reduced by half. Add the capers and butter and stir until thickened.
- 5) Add chicken back to the skillet and heat until warmed. Serve over brown rice with sage and lemon slices.



Traditionally, Chicken Piccata is known for being a "heavy" dish associated with loads of butter. This recipe adaptation is "lightened up," but you'll never know the difference. I used a little less butter and added mushrooms before serving over fiber-filled brown rice. I recommend chicken thighs here for added flavor!

Recipe Adapted from Amanda Frederickson

