

## Lemon Chicken with Capers

A healthier Chicken Piccata!

### Ingredients

2 eggs  
Salt & Pepper  
4 boneless, skinless chicken breasts  
2 Tbls butter  
Juice of 1 lemon  
1/2 cup chicken broth  
1 Tbls finely chopped onion  
2 Tbls capers, drained



### Directions

1. Beat eggs in large bowl and add salt & pepper. Place chicken in bowl to coat.
2. Add butter to skillet and bring to high heat. Add chicken and cook for 2-3 minutes, until bottom is golden. Turn chicken and turn heat to medium.
3. Add lemon juice, broth and onions and cook for 3 minutes or until chicken is done.
4. Add capers and scrape bottom of pan to loosen browned bits. Stir sauce and serve immediately.

Makes 4 servings

### Nutrition Facts:

Calories 205  
Total Fat 8g  
Total Carbohydrates 1g  
Dietary Fiber 0g  
Protein 30g