Lemon Chicken with Capers

A healthier Chicken Piccata!

Ingredients

2 eggs

Salt & Pepper

4 boneless, skinless chicken breasts

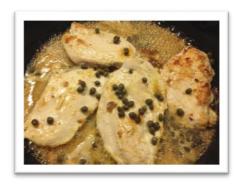
2 Tbls butter

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