

## *The Marv's Meats Recipe Collection #61*

### **Chicken Piccata**

- 1 huge or 2 small – boneless, skinless chicken breasts
- 2 TBS – butter
- 2 TBS – olive oil
- 1 cup – flour
- 1 TBS – paprika
- 1 tsp – salt
- 1 tsp – black pepper
- 1 – egg
- 1 TBS – Dijon mustard
- 1 TBS – water
- 1 cup – dry white wine
- Juice of ½ lemon
- 2 cups – cooked veggies (carrots, green beans, asparagus, zucchini, etc.)
- 1 TBS – cornstarch
- 1 TBS – cold water
- 1 – 7.5 oz. jar – marinated artichoke hearts
- 2 TBS – capers

Pre-heat oven to 250°. Cut chicken into 8 pieces and pound flat to ¼ inch thick. In a small bowl mix together flour, paprika, salt and pepper. In another bowl beat egg, Dijon mustard and 1 TBS water. Heat butter and olive oil in a heavy skillet over med-high heat until butter just begins to brown. Coat chicken pieces with flour mixture, dip in egg mixture and add to skillet – do not overlap. Cook 3-4 minutes until browned, turn and cook 3-4 more minutes until browned, transfer to a plate and keep warm in oven. Deglaze skillet with white wine, add veggies, artichoke hearts, capers and lemon juice, bring to a simmer and cook 3-4 minutes to heat thoroughly. Whisk cornstarch into 1 TBS cold water, whisk into skillet, bring to a boil for 20-30 seconds and divide between 2 plates. Top veggies and sauce with chicken and serve. Serves 2. Bon appetite!



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