



# Mediterranean Diet Cookbook

for **dummies**  
A Wiley Brand

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## CHICKEN PICCATA

**PREP TIME:** 12 minutes

**COOK TIME:** 18 minutes

**YIELD :** 4 Servings

## DIRECTIONS

## INGREDIENTS

Four 4-ounce boneless, skinless chicken breasts

1/4 cup plus 1/2 cup flour

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon paprika

1 egg, lightly beaten

1 tablespoon plus 1 cup water

1/4 extra-virgin olive oil

2 teaspoons chicken bouillon or base

1/4 cup lemon juice

1 teaspoon cornstarch

1/4 cup fresh parsley, chopped

1. Preheat the oven to 425 degrees
2. Using a meat mallet or heavy pan, pound the chicken into 1/2-inch-thick pieces.
3. In a shallow bowl, combine 1/4 cup of the flour, the garlic powder, salt, and paprika. In another bowl, combine the egg and 1 tablespoon of the water; place the remaining flour in a third bowl.
4. Dredge the chicken in the flour-garlic mixture and shake off any excess. Dip the chicken into the egg mixture and then coat with the plain flour and place onto a baking sheet.



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## PER SERVING:

Calories 405 (From Fat 161):

Fat 18g (Saturated 3g);

Cholesterol 95mg;

Sodium 797mg;

Carbohydrate 20g (Dietary

Fiber 1g);

Protein 39g

**NOTE:** You can purchase either bullion cubes or chicken base, which is more of a paste.

## CHICKEN PICCATA

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### DIRECTIONS (CONT)

5. Heat the olive oil in a heavy skillet over medium heat. Add the chicken pieces and brown on each side (3 to 4 minutes per side). Return the chicken to the baking sheet and bake for 5 minutes.

6. Meanwhile, add the bouillon and the remaining water to the skillet. Scrape up any borrowed bits into the sauce. Bring the mixture to a boil and then reduce to a simmer.

7. Whisk together the lemon juice & cornstarch in a small bowl and add to the sauce. Add the parsley. Transfer the cooked chicken to a serving dish and top with the sauce prior to serving.