Chicken Piccata

Ingredients:

- 6 oz. uncooked angel hair pasta (I used gluten-free whole-grain spaghetti with quinoa)
- 1/4 cup flat-leaf chopped parsley, divided
- 3 Tbs olive oil, divided
- 2 Tbs fresh lemon juice, divided
- 1 lb. chicken breast cutlets
- salt and pepper to taste
- 1/4 cup flour, divided
- 2 Tbs diced garlic
- 1 1/2 cups organic chicken stock
- 2 Tbs capers, drained

Cook pasta according to directions; drain. Place in a bowl with 2 tablespoons parsley, 1 tablespoon olive oil, and 1 tablespoon lemon juice; toss. Set aside and cover to keep warm.

Sprinkle chicken with salt and pepper. Place 3 tablespoons of flour on a plate and dredge chicken in flour, shaking off the excess.

Heat remaining 2 tablespoons of olive oil in a large skillet over medium heat. Add garlic and cook until garlic is crisp and golden. Remove garlic with a slotted spoon and set aside. Increase heat to medium-high and add chicken. Cook for 3 to 4 minutes on each side, or until done. Remove chicken to a plate, and add remaining tablespoon of flour to the skillet along with 1/4 cup chicken stock. Stir with a whisk. Add remaining 1 1/4 cups chicken stock and capers; bring to a boil. Cook for 3 minutes and then add the remaining parsley, lemon juice, and a little salt and pepper (optional). Plate pasta with chicken on top. Drizzle with sauce and top with bits of the golden garlic. Enjoy!

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)

"Kind people are my kinda people." - Anonymous