



Light Chicken Francese

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

This is a simple recipe for a good, solid Chicken Francese that should be a staple in every cook's bag of tricks. Just the right amount of lemon citrus in the thick sauce that covers the chicken perfectly.

FOR THE CHICKEN, PLACE:

2 each chicken breast, skinless, boneless, each cut crosswise into 4 pieces

1/2 cup flour

2 each egg whites

1/4 teaspoon Kosher salt

1/4 teaspoon black pepper

4 teaspoons olive oil, divided

FOR THE SAUCE HEAT:

1 tablespoon olive oil

1/4 cup onions, minced

1 tablespoon flour

3/4 cup chicken broth, low sodium

1/2 cup dry white wine

1/4 cup fresh lemon juice

1 tablespoon unsalted butter

2 tablespoons parsley, chopped, divided

1/2 teaspoon Kosher salt

1/2 teaspoon black pepper

GARNISH:

1 each lemon, thinly sliced in half-rounds

Preheat oven to 200°F with a baking sheet topped with a wire rack inside.

FOR THE CHICKEN (15 minutes):

For the chicken, place pieces inside a re-sealable plastic bag with a little water added. Pound pieces with the flat side of a meat mallet until 1/4" thick to form cutlets.

Combine flour, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Beat egg whites with 1 tablespoon milk or water

Dredge cutlets in 1/2 cup flour mixture; shake off excess. Evenly coat cutlets in egg mixture, allowing excess to drip off. Dredge cutlets again in flour mixture; shake off excess.

COOK CHICKEN (15 minutes):

Heat 2 teaspoons oil in a large skillet over medium-high. Cook half the cutlets until golden on both sides, about 6 minutes total.

Transfer to prepared baking sheet in oven to keep warm. Repeat with remaining 2 tablespoons oil and cutlets.

MAKE SAUCE (10 minutes):

For the sauce, heat 1 tablespoon oil in the same skillet over medium; add onion and cook until softened, 2-3 minutes.

Add 1 tablespoon flour and cook 1 minute.

Whisk in broth, wine and lemon juice, increase heat to medium-high and bring sauce to a boil, whisking constantly. Reduce heat to medium and cook, whisking occasionally, until mixture reduces slightly and thickens.

Add butter to skillet; swirl to coat with sauce melt. Add 1 tablespoon parsley and season with 1/2 teaspoon salt and 1/2 teaspoon pepper; add lemon slices to coat with sauce.

SERVE:

Serve cutlets with sauce and lemon slices. Garnish with remaining 1 tablespoon parsley.

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