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Pollo con Capperi e Limone

(Chicken breasts with capers and lemon juice)



Ingredients

4 skinless/boneless chicken breasts (butter-fried)
2 eggs, beaten (or you can use 4 beaten egg whites)
1 ½ cups seasoned Italian bread crumbs
2 Tablespoons extra virgin olive oil + 1 Tablespoon butter
1 Tablespoon capers
¼ cup white wine
Juice of one lemon

"If you are in a hurry and need something really wonderful, try this succulent dish! Include a side of vegetables and a salad and you will have this dish in 30 minutes from start to finish."

Antoinine "Toni" DiModica, Author, Simply Sicilian



Steps

Starting with the thick side of the breast, cut all the way through the middle with a sharp knife, without cutting completely through this is called butterflying the chicken. If you are trying to stretch this meal, cut all the way through to make 2 separate pieces of chicken.

Dip chicken in egg, and then in breadcrumbs; pat firmly and let sit for 5 minutes.

Heat oil and butter in a hot frying pan (do not burn). Lightly brown chicken on both sides; add the wine, lemon juice; sprinkle the capers on top of the chicken.

Lower the flame; cover and simmer for 10 to 15 minutes.

Serves 4 - 8

Note: A hot frying pan will keep the breadcrumbs from sticking to the pan.

Buy the book



Simply Sicilian opens up a whole new way to cook Southern Italian food by using simple and basic ingredients and time saving recipes.

Some reviews from Amazon.com:

*"This is an **amazing cookbook!** The recipes are so easy to follow, and the results are simply fantastic! I love how the author adds personal stories and pictures about her family, and how they enjoy the dishes on holidays and special occasions! It really makes you feel like you're cooking something your Grandmother used to make. I know my family and I will enjoy these recipes for years to come."*

*"I am a Sicilian American first generation and I have tried every recipe in this cookbook and it is not only very **easy to follow**, with large lettering, but the recipes are **delicious** and very easy to make. My Sicilian ancestor's would be very proud of me for making these wonderful dishes for my family. Buon Apetito!!!"*

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