



## KETO CHICKEN PICCATA RECIPE

**Chicken Piccata** was not a main dish that I had often growing up, and really wasn't something that I had experienced until my early adult years. It's a zesty and lively dish that really perks up some plain ole chicken breasts into something savory and magical. I have known many people to hunt down Italian restaurants in search of a good plate of it, or even just to saddle up and head down to the Olive Garden, where I hear they make a pretty decent version of Chicken Piccata too (I'm not judging).

Despite how complicated this dish might seem at first, it's really easy to make, and it's actually kind of hard to mess it up. Make sure though that you use a good non-stick skillet, or else you will be ripping the chicken cutlets off of it when you go to flip them despite browning them in butter and olive oil. I'm speaking from experience on that one, as you don't want to rip off the delicately coated Whey Protein Isolate and Parmesan Cheese on the outer layer.

Speaking of Whey Protein Isolate, you want to specifically be using the Isolate here in this recipe. I get questions about this whenever I use it in a recipe, and there is definitely a huge difference nutritionally speaking between traditional Whey Protein (Which has sugars from the dairy) and Whey Protein Isolate (which is the protein only, with the sugars removed).



## KETO CHICKEN PICCATA RECIPE

Ease of Preparation: Easy

Prep Time: 10 Minutes

Cooking Time: 20 Minutes

Total Time: 30 Minutes

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 Cutlet (225g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>460</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 170mg	<b>57%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 60g	<b>120%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Ingredients:

- 2 Pounds Chicken Breasts
- 3 Tablespoons Whey Protein Isolate
- 3 Tablespoons Grated Parmesan Cheese

- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Teaspoon Garlic Powder
- 4 Tablespoons Butter
- 2 Tablespoons Olive Oil
- 1/2 Cup White Wine Vinegar
- 1/2 Cup Chicken Broth or Stock
- 1/2 Lemon (Juice only)
- 1/4 Cup Capers (drained)
- Freshly Grated Parmesan or Romano Cheese for Topping

### **Instructions:**

1. Slice the chicken in half like a hamburger bun, so that you form chicken cutlets that are between 1/2" to 3/4" thick.
2. Season the Chicken Breast with Salt, Pepper, and Garlic Powder
3. In a Medium Bowl mix together the Whey Protein Isolate and the Grated Parmesan Cheese
4. In a Large Non-Stick Skillet warm up 1 TBSP of Butter and 1 TBSP of Olive Oil on Medium-High Heat.
5. When the butter and oil mixture is ready, coat the Chicken Breast in the Whey and Cheese mixture and place immediately into the skillet.
6. Cook for 3 to 4 Minutes per side, and then remove from the skillet and set to the side on a plate while we prepare the sauce.
7. In the same Large Non-Stick Skillet over Medium-High Heat place 3 Tablespoons of Butter, 1 Tablespoon of Olive Oil, 1/2 Cup White Wine Vinegar, 1/2 Cup Chicken Broth or Stock, 1/4 Cup Capers, 1/2 Lemon (Juiced), and cook for 5 to 6 minutes, or until the sauce has reduced to your personal liking. The sauce should reduce to about 50% of it's original volume give or take your own preference.
8. After the sauce has reduced, carefully place the Chicken Breast back into the pan and simmer on Medium-High Heat again for about 5 more minutes.
9. Serve immediately, and spoon the capers and remaining sauce on top of the Chicken Piccata once plated, and serve with optional Parmesan or Romano Cheese on top if desired. (The Cheese adds a sharp taste to the pallet, which is a great compliment to the flavors of this dish, so I highly recommend it).