

Chicken Piccata with Asparagus



Utensil:

10" Deep Skillet with Utility Rack - Limited Edition Complete
Gourmet Collection
Saladmaster Food Processor

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Recipe:

Contributed By:

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Recipe Description:

Take one of your favorite dishes and make it healthy with Saladmaster's version of Chicken Piccata. This one-pan dish fits perfectly in the 10" Deep Skillet with Utility Rack and takes approximately 30 minutes from start to finish.

3 chicken breasts, boneless, skinless
1 small
onion, processed, use Cone #2
2 cloves
garlic, minced, use Cone #2
1 ½ cups
chicken broth, low sodium
1 lemon, juiced
¼ cup
capers, drained
2 tbsp
butter, unsalted
⅓ cup
heavy cream

1 bunch
asparagus, ends cut
salt & pepper to taste

Directions:

1. Preheat 10" Deep Skillet over medium heat until several drops of water sprinkled in pan skitter and dissipate, approximately 6 - 8 minutes.
2. Season chicken breasts with salt & pepper. Add chicken breasts to skillet, crack the cover and cook for 7 minutes on one side. Flip the chicken and then cook for another 7 minutes until chicken is golden brown.
3. Remove the chicken and set aside.
4. Add onion and garlic into the same skillet. Sauté for 3 ½ minutes until lightly brown.
5. Whisk in the chicken broth, lemon juice and capers, scraping up the bits from the skillet.
6. Add cover and let the sauce simmer over medium-low heat for 10 minutes.
7. Once the sauce has thickened, remove the skillet from the heat and whisk in the butter until it melts. Stir in heavy cream.
8. Add the chicken breasts back into the skillet. Place the Utility Rack over chicken and add asparagus on top of the rack. Cover and cook at medium heat for 7 minutes.
9. Serve chicken over bed of asparagus and cover with sauce. Enjoy!

Tips:

- Mix it up with your favorite vegetables, such as broccoli, squash, or zucchini and grill on the rack.

Nutritional Information per

▼ Serving

Calories: 298
Total Fat: 16g
Saturated Fat: 9g
Cholesterol: 20mg
Sodium: 510mg
Total 9g
Carbs:
Dietary Fiber: 2g
Sugar: 4g
Protein: 30g