



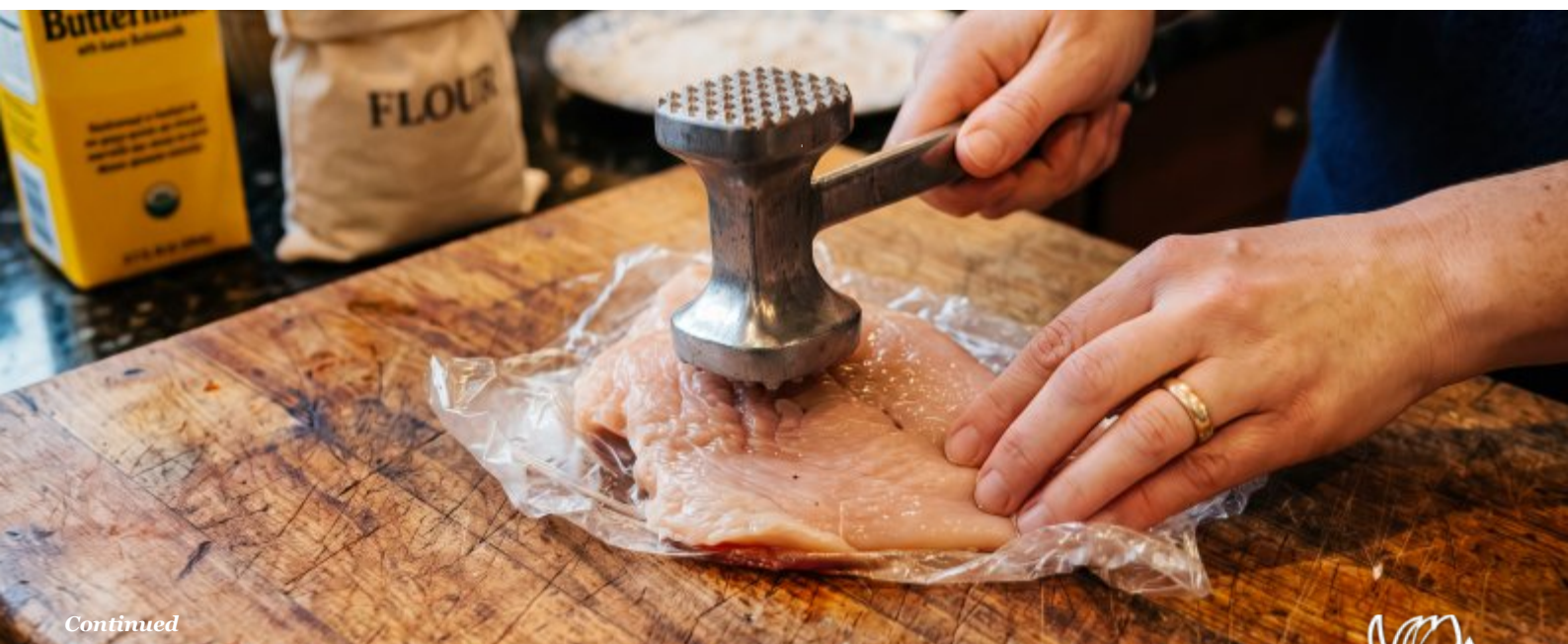
Classic Italian piccata is beloved for its bright, zesty lemon-caper sauce, but the American South knows how to bring a cozy, satisfying twist to this quick skillet favorite. By giving the chicken a tenderizing buttermilk soak and adding a touch of warm spices like cayenne and smoked paprika, you get a gorgeous, golden-brown crust with a hint of Southern heat. Best of all, this impressive-looking dish cooks up in a single skillet in under 30 minutes, making it the perfect weeknight "Good 2 Go" meal!

The 'Good 2 Go' Fast Fact: *Pounding the chicken breasts to an even 1/2-inch thickness is the ultimate secret to quick weeknight cooking. Not only does it guarantee the chicken cooks completely evenly, but it also breaks down the muscle fibers so the buttermilk can tenderize the meat in as little as 30 minutes.*

CHICKEN DIXIE PICCATA!

INGREDIENTS

- 4 boneless, skinless chicken breasts (pounded evenly to 1/2-inch thickness)
- 1 cup buttermilk
- 3/4 cup all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon smoked paprika
- 2 tablespoons canola oil (or light olive oil)
- 4 tablespoons unsalted butter, divided
- 3 tablespoons capers, rinsed and drained (to cut through the richness with salty pops of flavor)
- 1/3 cup fresh lemon juice
- 1/2 cup low-sodium chicken broth
- 1/4 cup heavy cream (optional, for a slightly richer finish)



Continued





DIRECTIONS

The Buttermilk Bath: Place your pounded chicken breasts in a shallow dish and pour the buttermilk over them. Let them soak in the refrigerator for at least 30 minutes, or up to 4 hours to maximize tenderness.

The Seasoned Dredge: In a shallow bowl, whisk flour, salt, black pepper, cayenne, and smoked paprika. Lift each chicken breast from the buttermilk, allowing any excess to drip off, and press firmly into the flour mixture until fully coated on both sides.

Skillet Sear: Heat the canola oil and 2 tablespoons of the butter in a large cast-iron skillet over medium-high heat. Once the butter is melted and foaming, add the chicken in batches. Cook for about 3 to 4 minutes per side until the crust is beautifully golden-brown and the chicken is cooked through. Transfer the chicken to a warm plate and set aside.

Simmer the Pan Sauce: Reduce the skillet heat to medium. Pour in the low-sodium chicken broth and fresh lemon juice, using a wooden spoon to scrape up all those flavorful, caramelized brown bits from the bottom of the pan. Stir in the rinsed capers and let the sauce simmer for 2 to 3 minutes until slightly reduced.

Glossy Finish: Turn off the heat. Stir in the remaining 2 tablespoons of butter and the optional heavy cream. Swirl the pan until the butter melts and the sauce becomes rich and glossy. Return the chicken to the skillet, spoon the luxurious lemon-caper sauce over the top, and let it rest for 1 minute before serving!

The 'Good 2 Go' Lighter Upgrades & Pairings

We recommend our **Chicken Dixie Piccata** be served over a bed of heavy, buttery rice or white flour pasta. Or, to keep this dinner light on the lighter side, energizing, and high-fiber, try these quick mods:

Swap the Bed: Serve your chicken and its glorious pan sauce over a scoop of fluffy creamy stone-ground yellow grits made with low-sodium vegetable broth and a sprinkle of sharp cheddar (shown, previous page). Alternatively, a bed of cauliflower rice or whole grain brown rice acts as a wonderful sponge to soak up every drop of that tangy lemon-caper sauce!

The Green Side: Pair this zesty main dish with a side of skillet garlicky spinach or a crisp, vinegar-dressed Southern cucumber and tomato salad to provide a fresh, cooling contrast.

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