

## **Chicken With Lemon-Caper Sauce**

**SOURCE:** AOL Cooking Light

**Preparation time:** 5 minutes    **Cooking time:** 15 minutes

### **INGREDIENTS:**

1/4 tsp salt, divided  
1/4 tsp pepper, divided  
4 (4-oz) skinned, boned chicken breast halves  
1 TBS olive oil  
Cooking spray  
1/3 C extra-dry vermouth  
3 TBS fresh lemon juice  
1-1/2 TBS capers  
1 TBS chopped fresh parsley

### **DIRECTIONS:**

1. Sprinkle 1/8 tsp salt + 1/8 tsp pepper evenly over chicken - Heat oil in large nonstick skillet coated with cooking spray over medium-high heat - add chicken - cook 6 minutes on each side or till chicken is done - remove from skillet - set aside - keep warm.
2. Add 1/8 tsp salt, 1/8 tsp pepper, vermouth, lemon juice, + capers to skillet, scraping skillet to loosen browned bits - cook till reduced to 1/4 C (about 2 minutes) - stir in parsley - spoon sauce over chicken. Serve with side dish of pasta tossed with your favorite steamed veggies.

**YIELD:** 4 servings.

**NUTRITIONAL INFORMATION:** CALORIES 163 (27% from fat); FAT 4.8g (sat 0.8g, mono 2.8g, poly 0.6g); PROTEIN 26.5g; CARB 2.1g; FIBER 0.1g; CHOL 66mg; IRON 1mg; SODIUM 474mg; CALC 17mg