#### **INGREDIENTS:**

- 4 boneless skinless chicken breast – 1/2" thickness
- Salt and pepper to taste
- 1/3 cup all-purpose flour
- 2 ½ Tbsp olive oil
- 1 Tbsp minced garlic
- 1 small onion chopped (about ½ cup)
- 1 1/4 cups + 1 Tbsp chicken broth
- 2 tsp cornstarch
- Juice of 1 lemon (about 2 Tbsp)
- 1 Tbsp butter
- 1cup coconut cream blended before using or 3/4 cup heavy cream
- 3 Tbsp chopped fresh parsley
- ¼ cup capers drained
- vegetables of your choice
- Your choice of angel hair pasta cooked al dente, rice, zoodles, or cauliflower rice.

# FIREHOUSE COOKING RECIPE: CHICKEN PICCATA WITH ROASTED VEGETABLES



### **DIRECTIONS FOR CHICKEN:**



- Using plastic wrap, pound the pieces of chicken to ½" thickness. Let the chicken rest, and then in a shallow dish whisk together flour, ¼ tsp salt, and ¼ tsp pepper.
- Heat olive oil in a 12-inch skillet on medium high heat, dredge both sides of chicken cutlets in flour mixture and then add to skillet
- Sear (cook) chicken without moving, until browned on bottom, about 4-5 minutes and then rotate chicken breasts halves and cook opposite side until golden brown on bottom and chicken has cooked through. Using a meat thermometer, take the temperature of the chicken. Chicken should be 165 degrees in the center when fully cooked.
- Transfer chicken to a plate and keep it warm, and then add garlic and onion to remaining oil in the pan. Saute just until s lightly golden.
- Pour in 1 ¼ cups chicken broth and bring to a boil. Scrap up the browned bits from bottom of the pan.
- Allow broth to simmer until reduced by about half, about 4-5 minutes. In a separate small bowl whisk together remaining 1Tbsp chicken broth with cornstarch. Pour mixture into broth in skillet along with lemon juice.
- Allow to simmer until thickened slightly and then remove from heat. Stir in butter and pout in cream. Season with pepper.
- Return chicken to skillet, and spoon sauce over chicken. Sprinkle with capers and parsley.
- Serve over a bed of noodles, zoodles, cauliflower rice, or grain rice.

#### **DIRECTIONS FOR VEGETABLES:**

- Preheat oven to 375 degrees
- Wash vegetables.
- Using a clean cutting board, chop your vegetables into bite sized pieces keeping the size consistent for even cooking.
- Place cut vegetables on baking tray. drizzel with olive oil. sprinkle with salt, pepper, and garlic powder.











### INGREDIENTS AND DIRECTIONS FOR CARAMEL:

- 1 cup brown sugar
- 1/2 cup heavy whipping cream
- 4 Thsp butter
- Pinch of salt
- 1 tsn vanilla



- Get small sauce pan and turn to medium neat
- Place all measured ingredients in sauce pan. Whisk together until smooth and combined. Do not stop whisking while the heat is on.
- Once caramel is done, turn off heat
- Scoop ice cream into separate bowls. Drizzle caramel sauce over ice cream and serve!

## LESSON # 8 FIREHOUSE COOKING:

# CHICKEN PICCATA WITH ROASTED VEGETABLES

Parents - Here is the ingredients list for our Firehouse cooking lesson if you want to shop ahead of time! Watch the video as we review math concepts and kitchen safety!

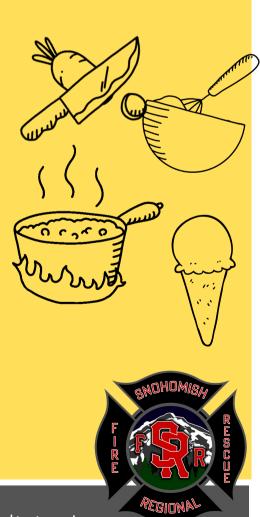


#### **For our meal:**

- Boneless skinless chicken breast
- Salt and pepper
- All-purpose flour
- Olive oil
- Garlic
- Onion chopped
- Chicken broth
- Cornstarch
- Lemon
- Butter
- Coconut cream or Heavy cream
- Fresh parsley
- Capers
- Vegetables of your choice
- Your choice of angel hair pasta, rice, zoodles, or cauliflower rice.

### For our tasty treat!

- Brown sugar
- Heavy whipping cream
- Butter
- Salt
- Vanilla
- Ice cream!



Healthy cooking for healthy living!