

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
- 1 cup 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 slightly 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 1 Tbsp 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 pour 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 Tbsp butter
- Pinch of salt
- 1 tsp vanilla



- Get small sauce pan and turn to medium heat.
- 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!

Healthy cooking for healthy living!

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!