Mix It Up! with Gina

Gina's Recipe of the Week

Chicken Francaise

Chicken Francaise is another enjoyable dish for American Heart Month. My recipe contains heart healthy ingredients like fresh lemons and lean chicken. If you'd like, you can add oranges and limes for added citrus flavor. You can also substitute the chicken for your favorite kind of seafood. Serve with brown rice and salad for a delicious and well-rounded meal. Enjoy! –Gina

Prep Time: 20 mins | Ready in: 45 mins | Servings: 4-6

Mix It Up...

Trim the chicken breasts. Place a few cutlets on a cutting board and cover the top with plastic wrap. Pound the chicken breasts with a flat meat mallet until they are ¼ inch thick.

In a shallow bowl, add enough flour to coat the chicken breasts. Season the flour with salt and pepper. In another bowl, beat 3 eggs with 2 tablespoons of water.

Dredge chicken in flour, coating both sides. Dip the chicken in egg wash, coating completely.

Add ¼ cup of olive oil in a large frying pan on medium high heat. Once the oil is hot, add the chicken. Fry for 3 minutes on each side until golden in color. Remove chicken from pan and place on a large platter.

Add lemon slices into the pan and cook for 1 to 2 minutes. Add ½ cup of cooking wine, 1 cup of chicken broth and 1 tablespoon of lemon juice. Simmer for 5 minutes until sauce reduces slightly.

Roll 1 tablespoon of butter in some flour and add it to the pan. This will thicken the sauce. Keep stirring to dissolve flour and reduce heat. Add 2 tablespoons of parsley and return chicken to pan and simmer for 2 minutes to heat through.

Serve with salad and brown rice.

Ingredients

- [ ] **Boneless Chicken Breasts, Family Pack**
- [ ] **All Purpose Flour for dredging**
- [ ] **Salt & Pepper**
- [ ] **3 Eggs**
- [ ] **2 Tablespoons Water**
- [ ] **¼ Cup Olive Oil**
- [ ] **1 Lemon, sliced**
- [ ] **½ Cup White Cooking Wine**
- [ ] **1 Cup Low Salt Chicken Broth**
- [ ] **1 Tablespoon Lemon Juice**
- [ ] **1 Tablespoon Butter**
- [ ] **2 Tablespoon Parsley Flakes**

Stop by Foodtown to pick up all of your ingredients to make this delicious dish!

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