



CHICKEN PICCATA WITH ROASTED POTATOES



INGREDIENTS

ITEM	QUANTITY
• Chicken Breast, thinly sliced	5 Oz.
• Garlic-infused Olive Oil	1 Tsp.
• Gluten-free Flour (Use a Gluten-free Flour Without Added Fibers Like Inulin/Chicory Root)	1 Tbsp.
• Low-fodmap Chicken Broth (No Onion or Garlic)	½ Cup
• Fresh Lemon Juice	1 Tbsp.
• Capers, drained	1 Tbsp.
• Dijon Mustard	1 Tsp.
• Fresh Parsley, chopped	1 Tbsp.
• Salt and Black Pepper, to taste	
• Baby Yukon Gold Potatoes, quartered	1 Cup
• Garlic-infused Olive Oil	1 Tsp.
• Dried Rosemary	½ Tsp.
• Salt and Pepper, to taste	

SERVING SIZE 1



PREPARATION

- Preheat oven to 425°F.
- Toss potatoes with garlic-infused olive oil, rosemary, salt, and pepper.
- Spread potatoes on a lined baking sheet and roast for 25-30 minutes, flipping halfway through, until golden and tender.
- While potatoes cook, lightly season chicken with salt and pepper.
- Coat chicken lightly with gluten-free flour, shaking off any excess.
- Heat garlic-infused olive oil in a skillet over medium heat.
- Cook chicken for 3-4 minutes per side until golden and cooked through. Remove from skillet.
- Add chicken broth, lemon juice, Dijon mustard, and capers to the pan.
- Simmer for 3-5 minutes until the sauce slightly thickens.

- Return chicken to the skillet and coat with the sauce.
- Serve chicken with roasted potatoes and garnish with fresh parsley.