

# FoodSense with Chef Feker

## Chef Feker's Chicken Piccata

This amazingly simple and luscious chicken recipe is exquisite. The lightly acidic sauce makes you crave the next bite. I always try to remind you that flavors are most satisfying when balanced correctly. That is why you will see here the use of a sweet Italian wine known as Moscato.

A tiny bit of sweetness from the wine will make a world of difference. Finish the bottle with your meal or better yet during the cooking process. Serve this with a very simple buttered fettuccine. The sauce from the chicken will amaze you when combined with the pasta. To your health and spiritual wealth my friends. ~**Chef Michael Feker**

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### CHICKEN PICCATA

Serves: 4

#### Ingredients

4x 6 oz. organic chicken breast, the thick side pounded a bit  
Salt and pepper to taste  
1/2 cup all-purpose flour for dredging  
2 Tbsps of extra virgin olive oil  
1 clove garlic, sliced thin  
1/2 cup of organic chicken broth  
1/2 cup Moscato wine  
Juice of 2 medium lemons  
2 Tbsps capers, drained and rinsed  
3 Tbsps butter  
2 Tbsps minced Italian (flat-leaf) parsley

#### Directions

Season the chicken breasts with salt and pepper and dredge them in flour.  
Meanwhile heat the extra virgin olive oil in a heavy bottom frying pan on medium high and sear the chicken breasts 3 minutes per side.  
Add the garlic to the skillet and cook until fragrant, about 30 seconds.  
Add the lemon juice and Moscato wine and cook until reduced to a glaze.  
Reduce heat to medium and add the chicken broth. Cook for another 3 minutes.  
Whisk in the butter and parsley and enjoy.

#### About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker [www.cheffeker.com](http://www.cheffeker.com) and learn about his two restaurants, Zesti and Il Mito.



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