

Capers are the flower bud of a bush that grows in Asia and in the Mediterranean areas. The smaller, French versions are considered the finest, and they're tiny. There are some Italian versions that grow to be a quarter inch in diameter. Used in appetizers and to accent main dishes alike, capers are typically packed in brine, although sometimes in salt; regardless, they should be rinsed before using. This dish puts piquant capers to good use in a tart, lemon- and mustard-seasoned coating. Serve this chicken with wide noodles.

Chicken with Capers

4 skinless, boneless chicken breast halves (about 1-1/2 lb.)
1 T Dijon-style mustard
1/4 C seasoned fine dry bread crumbs
8 oz. green beans, trimmed
2 lemons, 1 sliced and 1 juiced
1 T capers

t = teaspoon T = tablespoon C = cup



Place one chicken breast half between sheets of plastic wrap. Lightly pound with flat side of meat mallet to even thickness. Repeat. Brush chicken with mustard; sprinkle evenly with salt, pepper, and bread crumbs to coat.

Heat 2 tablespoons olive oil in skillet over medium heat. Add chicken. Cook 4 minutes per side or until no pink remains (170F). Transfer to plates. Add 2 tablespoons olive oil to skillet. Cook green beans in oil 4 minutes or until crisp-tender; add lemon slices the last minute. Transfer to plates. Add juice and capers to skillet; heat through. Drizzle on chicken. Makes 4 servings.

Cook time: 20 mins
Servings: 4