

Ingredients

Mashed Potatoes

- 3 large russet potatoes (peeled & cut)
- 4-5 cups of water
- Salt to taste
- 1 stick of butter
- ½ c heavy cream

Vegetables

- 1 crown of broccoli
- 1 cup of precut carrots
- ½ of a purple cabbage
- 1 ½ tsp garlic parmesan



Chicken Piccata

- 2 lbs. tenderized chicken breasts
- 2 tsp salt
- 1 tsp Mrs. dash table blend
- 1 tsp Mrs. Dash fiesta lime
- 1 tsp paprika
- 1 tsp onion powder
- Drizzle olive oil

- ½ stick butter
- ½ medium onion chopped
- 3 cloves of garlic, chopped
- Chicken drippings
- 1 1/2 cups chicken stock
- 3 tbsp. of lemon juice
- Zest of 1 lemon
- Capers (optional)



Mashed Potatoes

1. Peel & cut potatoes into a large pot, cover with water, & season with salt to taste. Boil until soft.
2. Once soft, pour off the water & reduce the heat to low. Mash potatoes using a potato masher, add butter & heavy cream & stir until creamy.

Vegetables

1. Cut broccoli florets from the crown & slice them in halves.
2. Cut purple cabbage in half then into one-inch chunks & separate the layers.
3. Arrange broccoli, cabbage, & pre-cut carrots on a baking tray, drizzle with olive oil & add garlic parmesan seasoning.
4. Place in the oven on roast at 425 for approximately 15 -18 minutes or until golden brown around the edges.

Chicken Piccata

1. Cover a baking sheet in foil & arrange tenderized chicken breasts on it. Season chicken with salt, Mrs. dash table blend, Mrs. dash fiesta lime, paprika, & onion powder. Drizzle with olive oil.
2. Place in the oven for 10 minutes on roast at 400 degrees F. The chicken breasts that I used were small & thin. If you use bigger breasts they may require more time.
3. In a large skillet, add butter, onions, & garlic over medium heat until the butter has fully melted.
4. Add 2 tablespoons of flour, stirring continuously. Add drippings from the roasted chicken, along with the chicken stock, stirring continuously. Add lemon juice, & lemon zest & bring to a boil. Add chicken pieces then add lemon slices & lemon zest. Allow simmering on medium-low, for 10 minutes

SHOOK THINGS UP A BIT WITH THIS DISH! LEMON CHICKEN PICCATTA ISN'T A TYPICAL MEAL AT MY HOME, BUT THE TANGY NOTES, WITH ROASTED VEGGIES & CREAMY MASH MADE MY PICKY 7-YEAR-OLD ASK FOR SECONDS...IT'S A KEEPER. P.S THIS DISH CALLS FOR CAPERS BUT I INTENTIONALLY LEFT THEM OUT.

PLATE CREAMY MASHED POTATOES, TOPPED WITH CHICKEN & BUTTERY LEMONY SAUCE & A SIDE OF ROASTED VEGETABLES