



Piccata Sauce

Garlic, Lemon and Salty, Briny, Capery Awesomeness

In full disclosure, I understand that most of you reading this are thinking "What the heck is a caper?!" Yes, it COULD be a sneaky plan or bank heist, but it's also a tiny little ball of briny, salty goodness that looks kind of like a tiny sweet pea. I STRONGLY recommend that you buy and cook with "*Non Pareille*" capers. It's written on the jars, it just means those are small capers. Don't use the larger capers, as those are just a big salty jar full of yuck. You can find capers in the grocery store by the olives and vinegars typically.

Ingredients:

- 2-3 cloves garlic, chopped
- 6-8 second spray, butter flavored cooking spray
- 1-1/2 cups fat free chicken broth
- 2-1/2 Tbsp lemon juice
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water
- 1/4 tsp olive oil (use a bottle that says 'robust' or 'bold')
- 1 Tbsp I Can't Believe It's Not Butter Light**
- 2 Tbsp capers
- 1 tsp dried parsley flakes
- Salt and pepper to taste
- Thin lemon slices for garnish
- Fresh chopped parsley for garnish

Serving Info.:

Yields: 1-1/2 cups
Servings: 3
Serving Size: 1/2 cup



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Sweat the garlic in a medium pan with cooking spray, until it becomes fragrant. Add the broth, lemon juice, olive oil and butter spread. Stir to combine, heat to a rolling boil.
- 2 Stir in the capers, parsley flakes dissolved cornstarch. Return to a simmer, stirring frequently.
- 3 Once the sauce begins to thicken, add a few thin lemon slices and stir around in the sauce.
- 4 It should take around 1 minute for the lemons to begin to soften and break down. Turn off the heat, season with salt and pepper to taste, then spoon the finished sauce over your meat.

Note:

- For best results, add your cooked meat to the pan and allow to simmer in the sauce for a minute, turning to coat.
- As with everything I make, this sauce is tasty as-is, however it's so low in points and calories that you have plenty of room to add some more butter spread or olive oil.

