



# 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 garlic cloves, 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



- last checked 11/15/22 -  
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.

