



The Secret is in the Sauce

Making chicken with pan sauce is one of the most versatile techniques to master

1 It's time to downsize.

Have you noticed that chicken breasts have doubled in size over the years? They weigh in at a hefty 8 ounces each—enough for 2 people. They also take what feels like eons to cook. But cut in half and pounded, they become your quick-cooking secret weapon.

■ Start with two 8-oz. **boneless, skinless chicken breasts**. If the tenders are attached, remove them and reserve for another use. Cut the breasts in half lengthwise to make 4 pieces total. Cover with a large piece of plastic wrap. Pound with the smooth side of a

meat mallet or a heavy saucepan to an even thickness of about ¼ inch. Sprinkle the cutlets with ¼ tsp. each **salt** and **pepper**. Place ¼ cup **white whole-wheat flour** in a shallow dish and dredge the cutlets to coat both sides, shaking off excess. (Discard remaining flour.)

2 Become a batch cook.

Get restaurant-worthy browned chicken by cooking the cutlets in two batches. Crowding them all in the pan at once prevents a nice crust from forming.

■ Heat 2 Tbsp. **extra-virgin olive oil** in a large skillet over medium-high heat. Add half the chicken and cook, turning once, until it is browned and just cooked through, 2 to 3 minutes per side. Transfer to a large serving plate and tent with foil to keep warm. Repeat with the remaining chicken.

3 Make an awesome sauce.

This is where the magic happens! The key to a good pan sauce is using a liquid to dislodge the yummy browned bits from the bottom of the pan. They enhance the sauce as it reduces, concentrating the flavors.

■ Add 1 Tbsp. **oil** to the pan along with 2 Tbsp. sliced **shallot** and

½ cup sliced or chopped **Fruit or Vegetable**. Cook, stirring occasionally, until just softened, 1 to 2 minutes. Add ¼ cup **Liquid**; bring to a boil. Cook, scraping up any browned bits from the bottom of the pan, until reduced by about half, about 45 seconds. Add 1 cup **low-sodium chicken broth**, 2 Tbsp. (total) **Flavor Boost** and ¼ tsp. each **salt** and **pepper**; bring to a boil. Cook until the mixture is reduced by half, 4 to 7 minutes. Remove from heat; stir in 1 Tbsp. **butter**. Serve the chicken topped with the sauce.

FRUITS & VEGETABLES

- Apples
- Grapes
- Pears
- Stone fruit (plums, peaches, etc.)
- Bell peppers
- Mushrooms
- Leeks
- Tomatoes

LIQUID

- Fruit or vegetable juice
- Vinegar
- Wine
- Beer

FLAVOR BOOSTS

- Capers, rinsed
- Citrus zest
- Dried fruit, chopped if large
- Fresh herbs, chopped
- Garlic, grated
- Ginger or lemongrass, finely chopped
- Mustard
- Olives, pitted and chopped
- Spices or seeds, such as caraway, coriander or fennel, toasted

Active: 35 min **Total:** 35 min
Serves 4: 3 oz. chicken & 3 Tbsp. sauce each
Nutrition Info: Page 119