

Chicken Francese

Printable grocery list - Serves 4

- ☐ Boneless skinless chicken breasts, thinly sliced (1 lb)
- ☐ Whole wheat flour (1/2 cup)
- ☐ Large eggs (2)
- ☐ Fat-free milk
- ☐ Fat-free chicken broth (1 cup)
- ☐ Dry white wine (1/2 cup)
- ☐ Land O'Lakes light whipped butter
- ☐ Capers
- ☐ Lemon (for 2 Tbsp juice)
- ☐ Garlic (1 clove)
- ☐ Fresh parsley (1 bunch)
- ☐ Cornstarch
- ☐ Salt and pepper