

## CHICKEN BREASTS WITH LEMON AND CAPERS

1/4 c. flour [Daravan subbed with rice flour]  
1/4 tsp. black pepper  
1/2 tsp. paprika  
2 skinned, boned chicken breasts, halved, pounded to 1/4 inch thick (about 1 pound)  
5 tsp. corn oil [Daravan subbed with ghee]  
1/4 c. low sodium chicken broth [Daravan used homemade broth, if you don't have homemade I suggest Misty Meadows chicken broth in freezer section at Food Co-Ops and Terra Organica]  
2 tbsp. lemon juice  
2 tbsp. capers, drained

Combine flour, pepper and paprika on a plate. Press the chicken breasts into mixture, coating evenly and shaking off any excess. Heat the oil over moderately high heat for 1 minute. Add chicken and cook 3 minutes on each side; do not over cook. Transfer chicken to a heated platter. Add broth to pan, scraping any browned bits on the bottom. Stir in lemon juice and capers and heat through. Pour sauce over chicken. Serves 4.