

Chef
**VERONICA
EICKEN**

Easy Lemon and Caper Sheet Pan Rosie Chicken

Serves 4

A nod to the flavors of chicken picatta, but easy enough for a busy weeknight thanks to the ease of Rosie's pre sliced chicken breast. I designed this recipe to use only one frying pan and one sheet pan for minimal clean-up.

For a complete dinner ready in 30 minutes, throw on a pot of rice on before you begin prepping the chicken. Substitute your favorite GF flour for the all-purpose flour if you wish.



Ingredients:

- 2 lemons, one sliced thinly and one just for juicing
- 2 yellow onions, thinly sliced
- 4 cloves garlic, finely minced
- 2 medium zucchini, small diced
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 1 - 2lb package Rosie Sliced Chicken Breast Strips
- Kosher salt and freshly ground black pepper
- 2 tablespoons all-purpose flour
- ½ cup capers

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Instructions

- Preheat the oven to 450 F F.

- Slice half of the lemon thinly. Discard seeds and cut each slice into halves. The other half you will use only for the juice.

- Thinly slice your onion. Finley mince the garlic. Small dice the zucchini.

- Set the frying pan over medium high heat. Add 1 tablespoon of the butter and 1 tablespoon of the olive oil to the pan. When the butter is melted and beginning to foam, add the sliced onions and sliced lemon.

- Season with 1 teaspoon kosher salt and a few turns (or ¼ tsp) freshly ground black pepper, or to taste. Squeeze remaining lemon half into pan and add the garlic and the capers. Sautee, stirring every few minutes, until onions begin to soften and caramelize, about 5-6 minutes. Turn heat down to low if onions begin to brown too quickly.

- Meanwhile, Line sheet pan with a sheet of foil.

- Remove chicken strips from packaging and place on the prepared sheet pan. Season with salt and pepper to taste, flip chicken over using tongs or a fork and season the other side. Sprinkle 1 tablespoon flour over the chicken and using tongs again, flip chicken over and season chicken with remaining 1 tablespoon flour. Using tongs, shake chicken a bit to help evenly coat it with flour. Leave excess flour on the sheet pan. Stack chicken in one corner of the sheet pan simply to move it out of the way.

- Remove onion mixture from the frying pan and spread out in the center of the sheet pan on top of the flour. You still need your fry pan! Try to get all of the onions out so they don't burn in the next step.

- Set frying over high heat. Add remaining tablespoon butter and remaining 1 tablespoon olive oil to the frying pan. When butter begins to brown a bit, place chicken in pan and cook about 3 minutes per side, until golden brown.

- Meanwhile, sprinkle diced zucchini around the outside of onions on the sheet pan and drizzle with 1 tablespoon oil, and season with kosher salt and freshly ground black pepper to taste.

- Remove chicken from the frying pan and place over the onions. Pour any juices from pan over chicken.

- Place sheet pan in 450 F preheated oven and roast for 15 minutes.

- Serve over rice.