



## BROWN BUTTER CHICKEN PICCATA WITH SPAGHETTI SQUASH

PREP TIME: 10 MINS • COOK TIME: 22 MINS • YIELDS: 4 SERVINGS



**WHITNEY\*,  
MG SUPPORTER**

If you're looking to wow dinner guests (or just yourself), look no further than this gourmet-quality recipe you can make without a gourmet level of effort.

This recipe was created by Whitney\*, a professional chef who knows firsthand how challenging cooking can be for those living with MG—her dad, John\*, has been living with MG for more than 10 years.

She chose spaghetti squash as a base for this recipe because it's a lower-carb alternative to traditional grain-based pasta. "This recipe's sauce is so good that you need something to soak it up and enjoy with it," she said. "My way of preparing the spaghetti squash is quick and easy—the secret is baking the squash strands in the oven to evaporate extra moisture and create a more noodle-like texture."



## INGREDIENTS

- 1 medium (1.5 lb) spaghetti squash†
- 4 chicken breast cutlets†
- ¼ cup cornstarch
- ¼ cup regular or gluten-free all-purpose flour
- 2 teaspoons fine sea salt
- 4 tablespoons light olive oil (not extra-virgin)
- 4 tablespoons unsalted butter, cubed
- ⅓ cup diced sweet onion†
- 2 garlic cloves, minced†
- 1 lemon, sliced and seeds removed
- Juice of another lemon
- ½ cup white wine (chardonnay or pinot grigio recommended)
- ½ cup unsalted chicken stock
- 2 tablespoons capers
- Garnish: chopped chives (optional)

## † INGREDIENTS TIPS

- If you prefer, you can substitute your favorite pasta for the spaghetti squash.
- To save time, you can use boneless, skinless chicken thighs—they'll cook more quickly than chicken breast cutlets.
- To save energy, use a food chopper to dice the onion and a garlic press to mince the garlic. Or, swap in 2 teaspoons of store-bought minced garlic.



## TO MAKE THE SPAGHETTI SQUASH:

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper
2. Pierce the spaghetti squash a few times with a knife and microwave the squash on high for 8 minutes, flipping it halfway through cooking. Then, let it cool slightly.

**TIP:** You can do this step while the chicken is cooking, or earlier in the day.

3. When the squash is cool enough to handle, cut it in half lengthwise and remove and discard the seeds.
4. Using a fork, scrape the inside of the squash to loosen its spaghetti-like strands. Scoop the strands onto the lined baking sheet and spread them in an even layer. Bake for 10 minutes to remove some of their moisture and get a more noodle-like texture.

**TIP:** You can do this step while the chicken is simmering in the sauce.





## FOR THE CHICKEN:

1. Lay out a piece of parchment on your counter. Add the cornstarch, flour, and  $\frac{1}{4}$  teaspoon salt. Toss together until combined.
2. Season the chicken cutlets with 1 teaspoon of salt.
3. One at a time, coat the chicken cutlets in the flour mixture. Be sure to pat the flour mixture onto the chicken to create an even coating.
4. Heat a large nonstick skillet over medium to medium-high heat. Add 4 tablespoons oil and heat until it shimmers. Then, add the chicken cutlets and cook for 4-5 minutes or until the chicken is golden brown.
5. Flip the cutlets over and cook for another 2-3 minutes or until the chicken is cooked through (the internal temperature should be 165° F). Transfer to a plate.

## FOR THE SAUCE:

1. Remove the skillet from the heat and add the butter. Then reduce the heat to medium and return the skillet to the burner. Cook for 1 minute, stirring constantly until the butter is light brown in color. Butter can burn quickly, so be sure you stay close for this step.
2. Add the diced onion to the skillet and cook for 1 minute. Stir in the garlic and cook for 30 seconds.
3. Stir in the lemon juice, white wine and chicken stock. Cook for 1 minute.
4. Add the capers, lemon slices and remaining  $\frac{3}{4}$  teaspoon of salt. Stir gently, then add the chicken cutlets back to the skillet. Reduce heat to medium low and cook for 6-8 minutes to allow the lemon slices to soften and the flavors to build.

## TO SERVE:

1. Spoon some of the cooked spaghetti squash onto each plate.
2. Top with a piece of chicken, lemon slices and the pan sauce.
3. Garnish with chopped chives, if desired.