

# Chicken Milano

*Publix Flavor Excursion*

## Servings: 4

### DRESSING

1 tablespoon vegetable oil  
1 teaspoon red wine vinegar  
1/8 teaspoon salt

### SALAD

1 cup baby spinach or arugula leaves,  
tightly packed  
1/2 cup diced tomatoes  
2 tablespoons red onion, diced

### CHICKEN

4 (about 1-1/4 pound) boneless/  
skinless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons all-purpose flour  
1 cup Panko Italian style crispy  
bread crumbs  
1 egg  
2 tablespoons olive oil  
1/4 cup crumbled tomato-basil feta  
cheese

In medium bowl, mix the dressing ingredients.  
Stir in the salad ingredients to coat.

Between pieces of waxed paper or plastic wrap,  
place each chicken breast smooth side down.  
Gently pound with the flat side of a meat mallet  
or rolling pin until about 3/4-inch thick. Sprinkle  
with the salt and pepper.

On separate plates, place the flour and bread  
crumbs.

In a bowl, beat the egg with a fork. Coat the  
chicken with flour. Dip into the egg. Coat well  
with bread crumbs.

In a twelve-inch nonstick skillet, heat two  
tablespoons of oil over medium heat. Add the  
chicken. Cook for 8 to 10 minutes, turning once,  
until the juice of the chicken is clear when the  
center of the thickest part is cut (170 degrees)  
and the coating is golden brown.

Serve the chicken topped with salad and  
sprinkled with cheese.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown  
items): 130 Calories; 12g Fat  
(78.9% calories from fat); 2g  
Protein; 5g Carbohydrate; trace  
Dietary Fiber; 53mg Cholesterol;  
217mg Sodium. Exchanges: 0  
Grain(Starch); 0 Lean Meat; 1/2  
Vegetable; 2 Fat; 0 Other  
Carbohydrates.

Chicken

**Calories (kcal):** 130  
**% Calories from Fat:** 78.9%  
**% Calories from Carbohydrates:** 14.3%  
**% Calories from Protein:** 6.8%  
**Total Fat (g):** 12g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 53mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** trace  
**Protein (g):** 2g  
**Sodium (mg):** 217mg  
**Potassium (mg):** 82mg  
**Calcium (mg):** 11mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 201IU  
**Vitamin A (r.e.):** 31 1/2RE

**Vitamin B6 (mg):** trace  
**Vitamin B12 (mcg):** .2mcg  
**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 16mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 130 **Calories from Fat:** 102

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### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 12g   | 18% |
| Saturated Fat              | 2g    | 9%  |
| <b>Cholesterol</b>         | 53mg  | 18% |
| <b>Sodium</b>              | 217mg | 9%  |
| <b>Total Carbohydrates</b> | 5g    | 2%  |
| Dietary Fiber              | trace | 2%  |
| <b>Protein</b>             | 2g    |     |
| <hr/>                      |       |     |
| <b>Vitamin A</b>           |       | 4%  |
| <b>Vitamin C</b>           |       | 8%  |
| <b>Calcium</b>             |       | 1%  |
| <b>Iron</b>                |       | 3%  |

\* Percent Daily Values are based on a 2000 calorie diet.