

Chicken

Chicken Milanese

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

1 large egg, beaten
1 cup Progresso Panko Crispy Bread Crumbs - Italian Style
1 tablespoon Parmesan cheese, grated
4 chicken cutlets
3 tablespoons olive oil
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
4 cups salad greens
1 can (15 oz) cannellini beans, rinsed
1 cup grape tomatoes, halved
1/2 cup onion, sliced
lemon wedges

Put the egg in a shallow bowl.

Mix the crumbs and cheese on wax paper.

Dip the cutlets into the egg and then into the crumbs to coat.

Heat one tablespoon of the oil in a large nonstick skillet. Add the cutlets and cook 5 minutes, turning once, until golden and cooked through. Remove to a platter.

In a medium bowl, whisk the remaining two tablespoons of olive oil, the lemon juice, salt and pepper.

Add the salad greens, cannellini beans, tomatoes and onion. Toss to mix and coat.

Serve the cutlets topped with the salad mixture and lemon wedges.

Per Serving (excluding unknown items): 292 Calories; 12g Fat (36.8% calories from fat); 14g Protein; 33g Carbohydrate; 8g Dietary Fiber; 54mg Cholesterol; 183mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.