

## Chicken

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# EverRoast Chicken Cutlets

Everyday EverRoast Recipe Book  
www.boarshead.com

**Servings: 4**

**2 tablespoons olive oil**

**4 slices Boar's Head EverRoast Chicken Breast, slice 1/2-inch thick**

**3/4 cup all-purpose flour**

**1 large egg, lightly beaten**

**1 1/2 cups Italian-style bread crumbs**

**Boar's Head pepperhouse Goumaise**

In a large non-stick skillet, heat the oil over medium heat.

Place the flour into a flat dipping plate.

Place the beaten egg into another flat dipping plate.

Place the bread crumbs into a third flat dipping plate.

While the oil heats, dip three EverRoast chicken slices at a time very lightly into the flour, then into the egg, and then into the bread crumbs.

Cook for 2 minutes per side or long enough to toast the bread crumb topping and warm through the chicken. Drain on paper towels.

Cut into bite-size pieces and serve with the Goumaise sauce.

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Per Serving (excluding unknown items): 163 Calories; 8g Fat (45.7% calories from fat); 4g Protein; 18g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 18mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.