

Oven-Fried Chicken

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Servings: 4

1/2 cup whole wheat bread crumbs
1 teaspoon dried oregano
4 tablespoons olive oil, divided
1 1/4 pounds boneless, skinless chicken breast cutlets, pounded thin
3 tablespoons whole wheat flour
2 eggs, beaten
1/4 teaspoon salt
1/2 teaspoon black pepper, divided
assorted fresh, non-starchy vegetables, diced
2 tablespoons lemon juice
3 cups baby greens
1/2 cup cherry tomatoes, halved
lemon wedges (optional)

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Toss the bread crumbs and oregano with two tablespoons of the oil. Spread on a parchment-lined baking sheet. Bake for 6 minutes.

Coat the chicken with the flour, then the egg, then the crumbs. Sprinkle with the salt and 1/4 teaspoon of pepper.

Place on a baking sheet and spritz with cooking spray. Bake for 15 minutes or until cooked through. Slice the chicken.

Steam the fresh vegetables until crisp-tender.

To make the dressing: In a bowl, whisk the lemon juice and remaining two tablespoons of oil. Add the remaining 1/4 teaspoon of the pepper.

Toss the greens and tomatoes with dressing. Serve the chicken with salad, veggies and a lemon wedge.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 235 Calories; 17g Fat (63.5% calories from fat); 6g Protein; 16g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Chicken

