

Chicken

Pecan Chicken

Cooking Light

Servings: 4

If you like Pecans.

MARINADE

1 cup whole buttermilk

1 large egg

INGREDIENTS

4 6-ounce boneless/skinless chicken breast

2/3 cup all-purpose flour

1/2 cup finely ground pecans

2 tablespoons canola oil

Preheat oven to 425 degrees.

Combine buttermilk and egg in a bowl; mix well. Place egg mixture in a zip-top plastic bag. Add chicken to bag; seal. Marinate in refrigerator for 4 hours.

Remove chicken from bag; discard marinade. Sprinkle chicken with salt and pepper.

Combine flour and pecans in a bowl. Dredge chicken in flour mixture; shake off excess.

Heat a large ovenproof skillet over medium-high heat. Add canola oil to pan; swirl to coat. Add chicken to pan; saute' for 4 minutes or until browned. Turn chicken over.

Place skillet in oven. Bake for 10 minutes or until done.

Per Serving (excluding unknown items): 154 Calories; 8g Fat (48.7% calories from fat); 4g Protein; 16g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 18mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.