

Chicken

Pecan-Crusted Chicken

Taste of Home April 2008

Servings: 8

Preparation Time: 25 minutes

Bake Time: 15 minutes

1/4 cup milk

1/2 cup all-purpose flour

1/2 cup pecans, finely chopped

2 tablespoons sesame seeds

1 1/2 teaspoons paprika

1 1/2 teaspoons pepper

1 teaspoon salt

8 boneless skinless chicken breast halves (4 oz ea), Flattened slightly

2 tablespoons canola oil

Preheat oven to 350 degrees.

Place milk in a shallow bowl. In another shallow bowl, combine the flour, pecans, sesame seeds, paprika, pepper and salt. Dip chicken in milk; then coat in flour mixture.

In a large nonstick skillet, brown chicken in oil on both sides. Transfer to a greased 15-in x 10-in x 1-in baking pan. Bake, uncovered, for 15-20 minutes or until juices run clear.

Per Serving (excluding unknown items): 123 Calories; 9g Fat (66.7% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 271mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat.