

Spicy Chicken Milanese

*Katie Workman - Associated Press
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Servings: 4

*2 large eggs
2 tablespoons Dijon mustard
1/4 teaspoon cayenne pepper
Kosher salt
freshly ground black pepper
2 cups panko bread crumbs
1/2 cup freshly grated Parmesan
cheese
8 (four ounce ea) thin-sliced chicken
cutlets
1/2 cup + 1 tablespoon extra virgin
olive oil, divided
2 cups baby arugula
1 cup cherry tomatoes, halved
1/4 cup whole parsley leaves
1/4 cup whole chervil leaves
(optional)
1 tablespoon fresh lemon juice
shaved or grated Parmesan cheese (for
garnish)*

In a wide, shallow bowl, beat the eggs with the mustard, cayenne, 1/2 teaspoon of salt and 1/2 teaspoon of pepper.

In another wide, shallow dish, mix the panko with the Parmesan.

Dip the chicken cutlets in the egg mixture, allow any excess to drip back into the bowl,. Dredge the cutlets in the panko mixture, pressing the chicken down so that the crumbs adhere. Place the cutlets on a baking sheet.

In a large skillet (the largest that you have), heat 1/2 cup of the olive oil over medium-high heat until hot. Cook the chicken in batches, without crowding the cutlets in the pan, until they are nicely browned on both sides and cooked throughout, 3 to 4 minutes per side.

Transfer the chicken to a serving platter, or place two cutlets on each of four individual plates.

While the chicken is cooking, place the arugula, tomatoes, parsley and chervil (if using) in a bowl.

Drizzle the remaining olive oil and the lemon juice over the greens. Season with salt and papper. Toss. Place a mound of the salad on top of each cutlet; or strew the whole salad over the chicken on a serving platter. Top the salad with the shaved or grated Parmesan cheese.

Serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 291 Calories; 30g Fat (91.0% calories from fat); 4g Protein; 3g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 132mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	291	Vitamin B6 (mg):	.1mg
% Calories from Fat:	91.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	30g	Folacin (mcg):	19mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	106mg	% Refuse:	0.0%
Carbohydrate (g):	3g		
Dietary Fiber (g):	1g	Food Exchanges	
Protein (g):	4g	Grain (Starch):	0
Sodium (mg):	132mg	Lean Meat:	1/2
Potassium (mg):	134mg	Vegetable:	1/2
Calcium (mg):	22mg	Fruit:	0
Iron (mg):	1mg	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	5 1/2
Vitamin C (mg):	9mg	Other Carbohydrates:	0
Vitamin A (i.u.):	404IU		
Vitamin A (r.e.):	63RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 291 **Calories from Fat:** 265

% Daily Values*

Total Fat 30g	46%
Saturated Fat 4g	22%
Cholesterol 106mg	35%
Sodium 132mg	6%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	3%
Protein 4g	
Vitamin A	8%
Vitamin C	15%
Calcium	2%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.