Crunchy Scallion Chicken

Kathleen Radow - Georgia
North American Potpourri - Autism Directory Service, Inc - 1993

(1-1/2 pounds) boneless breast of chicken, cut into thick strips
1/4 cup olive oil
1 bunch scallions, chopped
3 (or more) cloves garlic, chopped
1/2 cup flour
1/4 to 1/2 cup Parmesan cheese
1 teaspoon lemon pepper
1 teaspoon oregano
salt (to taste)
pepper (to taste)

In a bowl, combine the flour, Parmesan cheese, lemon pepper, oregano, salt and pepper. Roll each chicken piece in the mixture (or use the shaker method for convenience and saving time). This can be done early and refrigerated until cooking time.

In a bowl, combine the scallions and the garlic. In a large frying pan, pour enough olive oil to cover the bottom of the pan. Spread the scallion and garlic mixture across the bottom of the pan. Cook over medium heat for 2 minutes or until the scallions are bright green. Spread the breaded chicken strips across the top of the scallion mixture. Do not move the scallions, the chicken shouild be on top of them. Add more olive oil if needed.

The pan will probably be full and the chicken strips will be touching one another. Cook over medium heat for about 3 minutes; begin checking the chicken strips. When golden brown, turn each chicken strip mindividually. The scallion mixture will probably stick to the chicken strips when you turn them. That's what adds to the crunchy texture.

Cook the chicken strips on the second side until golden brown and the chicken is white and tender when cut. Add more lemon pepper and/or oregano as desired when cooking.

(It's extra trouble to turn the chicken strips individually as opposed to stir-frying them; however, to achieve the crunchy scallion texture, it's best to not toss the pieces around too much.)

Chicken

Per Serving (excluding unknown items): 739 Calories; 55g Fat (66.7% calories from fat); 8g Protein; 54g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 369mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 11 Fat.