

Chicken

Oatmeal-Crusted Chicken

Cooking Light

Servings: 4

If you like oatmeal.

Marinade

1 cup buttermilk

1 large egg

INGREDIENTS

4 6-ounce boneless/skinless chicken breast

1/2 teaspoon salt

1/2 teaspoon black pepper

2/3 cup all-purpose flour

1/2 cup ground oats

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 oats in a bowl. Dredge the chicken in flour mixture.

Heat canola oil in a large ovenproof skillet over medium-high heat. Add chicken to skillet; saute' for 4 minutes. Turn chicken over.

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

Per Serving (excluding unknown items): 179 Calories; 9g Fat (44.5% calories from fat); 6g Protein; 19g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 349mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.