

Spicy Chipotle Baked Chicken Breasts with Panko Crust

Adapted from a Phillis Carey recipe



1 pound boneless skinless chicken breast halves (4 pieces)

Salt and freshly ground black pepper to taste

1/3 cup mayonnaise, use light mayo, but make it Best Foods/Hellman's

1 tablespoon chipotle chile canned in adobo, finely minced or mashed

1 1/2 cups panko bread crumbs

1 1/2 teaspoons dried cilantro, divided use

2 teaspoons canola oil

2 tablespoons fresh cilantro, chopped for garnish

Servings: 4

1. Preheat oven to 450°.
2. Trim chicken breasts and pound pieces between two sheets of plastic wrap to an even 1/2 inch thickness.
3. Arrange chicken breasts on a oil rubbed baking dish just large enough to hold the pieces. Season chicken with salt and pepper.
4. In a small bowl combine the mayo and chipotle with a bit of the dried cilantro. Mix well.
5. In another small bowl combine the panko crumbs, remaining dried cilantro and oil. Mix well so all crumbs are coated in oil.
6. Smear the mayo mixture on top of the chicken pieces, then sprinkle the bread crumbs on top of that, covering evenly.
7. Bake for 12-15 minutes (depending on thickness) until chicken is cooked through and bread crumb mixture is nicely browned. Top with chopped cilantro and serve.

Per Serving (excluding unknown items): 359 Calories; 20g Fat (49.8% calories from fat); 30g Protein; 16g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 254mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>