

Almond-Crusted Chicken

Martha Stewart Living, April 2001

Internet Address:



3/4 cup dry bread crumbs

Coarse salt and freshly ground pepper

2 large eggs

2 teaspoons water

4 whole boneless skinless chicken breast halves
(1 1/2 to 2 pounds)

1/2 cup sliced almonds, broken into pieces, or
leave in full slices

2 tablespoons unsalted butter

2 tablespoons canola oil

1 whole lemon, halved, seeded

4 tablespoons Italian parsley, minced

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

Servings: 4

You could also try using Panko crumbs instead of regular bread crumbs.

1. In a medium bowl, season bread crumbs with salt and pepper. Place eggs in a small flat bowl with 2 teaspoons water, and beat lightly.
2. Remove chicken tenders and use for another purpose (or cook them along with this, but they cook much faster). Gently pound chicken breasts between two pieces of plastic wrap, until all pieces are about 1/2 inch or less thick. You can cut the chicken into two or more smaller pieces if desired.
3. Dip chicken in egg, wiping away excess with your fingers, and dip in bread-crumbs mixture. Dredge until lightly coated. Dip in egg again, and coat thoroughly with almonds, using your hands to pat the almonds into the chicken if it doesn't want to stick to it well.
4. Meanwhile, heat butter and oil in a 12-inch ovenproof skillet over medium heat. Sauté chicken until nicely browned, about 3 minutes, and turn over. Cook 3 minutes more until chicken is cooked through. Garnish with Italian parsley and drizzle tops with a bit of freshly squeezed lemon juice. Add some grated lemon zest if you have it available.

Per Serving (excluding unknown items): 468 Calories; 27g Fat (51.8% calories from fat); 37g Protein; 20g Carbohydrate; 2g Dietary Fiber; 190mg Cholesterol; 291mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat.