

Almond Crusted Chicken Breasts with Lemon Aioli

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Yummy chicken, would be great for entertaining

CHICKEN:

- 3 boneless skinless chicken breast halves
- 2 large eggs
- 3/4 tablespoon water
- 1/2 cup bread crumbs, plain
- 1 cup sliced almonds, broken into pieces
- 2 tablespoons butter, or olive oil
- salt and pepper to taste

LEMON AIOLI:

- 1/4 cup mayonnaise
- 1 teaspoon lemon zest
- 3/4 teaspoon fresh lemon juice
- 1/2 large garlic clove, minced
- pepper to taste
- 2-3 tablespoons Italian parsley, minced (for garnish)

Serving Ideas: Could also be made with fresh halibut, but reduce oven temperature to 375°.

Servings: 3

Preparation Time: 25 minutes

Notes: The combination of the lemon and almonds is very tasty. The nutritional content thinks you consume all of the sauce (which you may not), so calorie count could be less than calculated. If you use Costco's 1-lb. packets of chicken, with 2 breasts, you'll have enough for 3 servings if you cut the large breasts in smaller pieces, including using the chicken tenders.

1. Lemon Aioli: Whisk all the ingredients together in a small bowl and refrigerate for several hours, or up to two days ahead.

2. Trim chicken pieces and pound to an even 1/4 inch thickness. Season with salt and pepper, then coat chicken in egg, breadcrumbs, egg again, then in almonds.

3. Preheat oven to 400°. Melt butter in a nonstick skillet over medium to high heat. Add chicken and sauté about 2 minutes per side, just to brown the nuts - not to cook the chicken through. If you've used a stove-to-oven pan, the pan can go directly into the oven. Otherwise, transfer chicken pieces to a baking sheet and bake for 8 minutes, or until chicken is cooked through. Serve topped with a dollop of Lemon Aioli. Garnish with chopped Italian parsley.

Per Serving (excluding unknown items): 743 Calories; 55g Fat (64.2% calories from fat); 44g Protein; 24g Carbohydrate; 4g Dietary Fiber; 237mg Cholesterol; 485mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 8 Fat.

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