
Crispy Mustard Chicken Breasts

Adapted significantly from Ina Garten, 2014

Internet Address:



4 cloves garlic

1 tablespoon fresh thyme leaves, minced (I used
1 tsp dried, crushed in my palms)

Kosher salt and freshly ground black pepper

1 3/4 cups panko bread crumbs

1 tablespoon lemon zest, from about 2 lemons

2 tablespoons olive oil

2 tablespoons unsalted butter, melted

4 pieces boneless skinless chicken breast halves

1 tablespoon canola oil

MUSTARD SLURRY:

1/3 cup Dijon mustard, such as Grey Poupon

1/3 cup dry white wine

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

Servings: 4

1. Drop the garlic cloves into the food processor while it's running, then add the thyme, 2 teaspoons salt, and 1 teaspoon pepper. Add the panko, lemon zest, olive oil, and butter and pulse a few times to moisten the bread flakes. Pour the mixture onto a large plate. In a shallow bowl, whisk together the mustard and wine. Pat the chicken dry with paper towels. Sprinkle generously all over with salt and pepper.

2. Remove the chicken tenders (if they're there and use for another purpose). Placing the chicken breasts, shiny side up, between 2 pieces of plastic wrap, gently pound the breasts to an even 1/2 inch thickness. Do not pound the thin ends.

3. Dip each chicken breast in the mustard mixture to coat well. Heat a large nonstick skillet and once it's medium-hot, add the canola oil. Dip the breasts into the panko mixture, patting uneven areas to cover completely. Gently place the chicken breasts into the pan and sear until the crumbs are golden brown, about 2 minutes. Reduce heat if the crumbs brown too quickly. Turn over and brown the other side, about another 2 minutes. Reduce heat and continue cooking, turning the breasts back over one more time until they're just cooked through. Use a thin knife to cut into the center to check. Or use an instant-read thermometer, insert it on the side into the thickest part of the breast - it should be cooked to 155-160°F. Serve hot.

Yield: 4 servings

Per Serving (excluding unknown items): 671 Calories; 20g Fat (28.8% calories from fat); 39g Protein; 72g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 659mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.