Pecan Crusted Chicken Breasts with Blueberry Corn Salsa

adapted slightly from The Messy Baker Blog
The New Southern-Latino Table
http://themessybaker.com/2012/07/05/pecan-milanesas-with-corn-and-blueberry-salsa



CHICKEN:

6 boneless skinless chicken breast halves

1/2 cup all-purpose flour

1/2 teaspoon salt

1/2 teaspoon paprika

1/8 teaspoon freshly ground black pepper

1 1/2 cups pecans, toasted and ground (see note)

1/2 cup dry bread crumbs

2 eggs, lightly beaten

2 tablespoons water

1/2 cup vegetable oil, [I used EVOO]

SALSA:

1 1/2 cups corn kernels

1 cup blueberries

1/4 cup sweet onion

1 small serrano pepper, very finely minced

2 tablespoons fresh cilantro, chopped

2 tablespoons fresh mint, finely minced

2 tablespoons fresh basil, finely sliced [my addition: optional]

3 tablespoons lime juice, approximate

2 tablespoons agave nectar

Salt and freshly ground black pepper, to taste

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

Servings: 6

Note: Toast pecans on a baking sheet in a 350°F oven for 5–8 minutes, or until fragrant. Transfer them to a plate to cool completely. Once toasted, pecans can be frozen in an air-tight container for up to 4 months. Chop them very finely with a sharp knife. The nutrition count includes fat from the nuts, but that's a healthy fat! If you want to cut some of the fat, use more panko and less pecans for the crust.

1. Preheat the oven to 350°F.
2. Fit a baking sheet with a metal cooling rack; set aside. [I didn't do this - I just foil-lined a baking sheet; worked fine. The rack just assures the bottom of the chicken is cooked through.]
3. Pound the chicken breasts with a meat mallet to 1/3-inch thickness; set aside. On a plate, combine the flour, salt, paprika, and pepper. On another plate, combine the pecans and bread crumbs. In yet another plate, use a flat whisk to mix the eggs and 2 tablespoons water.
4. Dredge each cutlet in the flour mixture, shaking off the excess, and dip both sides of the cutlet into the eggs. Dip both sides of the cutlet into the pecans, pressing gently so they adhere well. In a large skillet, heat 1/4 cup of the oil over medium-high heat. Working in batches, fry the cutlets for 2–3 minutes per side, or until golden brown (add more oil as needed; reduce the heat if they brown too quickly). Transfer the cutlets to the prepared baking sheet and bake for 10–12 minutes, or until cooked through (no longer pink).
5. In a medium bowl, combine the corn, blueberries, onions, serrano, cilantro, mint, basil, lime juice, and agave and stir until well incorporated; season with salt and pepper. Serve the chicken topped with salsa. Drizzle the lime juice over the chicken as well - if you eat it immediately it won't make the chicken soggy.

Per Serving (excluding unknown items): 622 Calories; 40g Fat (57.3% calories from fat); 35g Protein; 33g Carbohydrate; 5g Dietary Fiber; 139mg Cholesterol; 361mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 7 1/2 Fat.