Pretzel-Crusted Chicken with Cheddar Cheese Sauce

Phillis Carey cooking class, 10/15



CHICKEN:
2 large eggs, scrambled
1 tablespoon Dijon mustard
2 cups crushed pretzels (put them in a plastic bag and pound them - do not use a food processor)
2 tablespoons minced fresh thyme
6 pieces boneless skinless chicken breast halves
1/4 cup grapeseed oil
CHEDDAR CHEESE SAUCE:
2 tablespoons butter
2 tablespoons all-purpose flour
2 cups milk, warmed
2 teaspoons Dijon mustard
1/4 teaspoon paprika
1 pinch cayenne
1 1/2 cups Cheddar cheese, shredded

Per Serving (excluding unknown items): 553 Calories; 29g Fat (48.1% calories from fat); 42g Protein; 29g Carbohydrate; 1g Dietary Fiber; 190mg Cholesterol; 887mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 1/2 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. In a shallow dish, whisk together the eggs and mustard until smooth. In a separate shallow dish, combine the pretzels and thyme.
2. Trim chicken and pound between 2 sheets of plastic wrap to an even 1/4" thickness. Dip the chicken in the egg mixture, letting the excess drip off. Dredge in the pretzel mixture to coat.
3. Preheat oven to 375°F.
4. In a large nonstick skillet, heat 2 tablespoons of the oil over medium heat until it's very hot. Add half of the chicken and brown well on both sides, about 2 minutes per side. Remove to a rack set over a baking sheet. Repeat with remaining oil and chicken halves. Bake chicken for 8-10 minutes in the oven until cooked through.
5. SAUCE: Melt the butter in the skillet over medium heat. Add the flour and cook, whisking constantly, for 2 minutes. Slowly add the milk, whisking until smooth. Cook, whisking constantly, until thickened and bubbly, 6 to 8 minutes. Add the cheese and stir until the cheese melts and the sauce is smooth. Taste for seasoning and spoon the sauce over the chicken.