



Almond Crusted Chicken

Yield: 4 servings

Ingredients:

4 (6 oz. each) boneless, skinless chicken breasts
1/4 cup all-purpose flour
6 Tbsp. slivered almonds, chopped
2 Tbsp. grated Parmesan cheese
1/2 cup egg substitute
2 Tbsp. fresh lemon juice
4 tsp. olive oil 1 cup water
4 tsp. chopped fresh parsley
8 oz. chicken broth



Directions

1. Mix chopped almonds and Parmesan cheese together in a small, shallow bowl.
2. Dredge chicken breast in flour, dip in egg white, and then roll in chopped almonds and Parmesan cheese.
3. Heat oil in a large skillet over medium-high heat. Brown the chicken in the skillet for 2-4 minutes. Remove chicken and place in a 9"x13" baking dish lightly sprayed with nonstick cooking spray.
4. Deglaze the skillet with lemon juice and chicken stock. Add chopped parsley and pour over the chicken.
5. Bake the chicken at 375° F for 15-20 minutes or until done.

Nutrition Information per Serving Calories: 380 Fat: 15g Saturated Fat: 2.5g
Cholesterol: 6mg Sodium: 380mg Carbohydrate: 10g Fiber: 1.5g Protein: 48g

Source: Cooperative Extension System, www.extension.org



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