



## Featured Recipe: Oven-Crusted Chicken Breast

### *Ingredients for chicken:*

- 4 boneless, skinless chicken breasts (3 oz each)
- 1 egg white (or substitute liquid egg white)
- 1 cup fat-free evaporated milk
- 1 cup breadcrumbs
- 1/4 cup rolled oats, crushed; pulse a few times in the food processor
- 1 cup whole-wheat flour
- 2 Tbsp olive oil or vegetable oil

### *Ingredients for salad:*

- 2 Tbsp lemon juice
- 1/2 Tbsp olive oil
- 4 cups red leaf lettuce, rinsed and dried
- 1 cup cherry tomatoes, rinsed and halved
- 1/4 tsp salt
- 1/4 tsp ground black pepper

### *Directions*

Preheat oven to 350°F. Place chicken in a freezer bag with the air squeezed out and pound each breast down to one-half-inch thickness. Combine the egg white and evaporated milk in a bowl and mix well. In a separate bowl, combine the breadcrumbs and crushed oats and mix well. Coat the chicken breasts in flour and shake off the excess. Dip the chicken breasts in the egg and milk mixture and drain off excess. Then dip the chicken breasts in the breadcrumb mixture to coat. Discard leftover breading mixtures.

Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown (about 2-3 minutes). Turn carefully. Pan fry the second side for another 2-3 minutes or until golden brown. Remove from the pan and place on paper towels to soak up excess oil. Place on baking sheet and finish cooking in the oven for about 5-8 minutes (to an internal temp of 165°F).

For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt, and pepper.

Makes 4 servings (1 chicken breast, 1 cup salad): 264 calories, 11 g total fat (2 g saturated fat), 49 mg cholesterol, 263 mg sodium, 3 g fiber, 18 g carbohydrates. From the National Heart, Lung, and Blood Institute's cookbook *Keep the Beat Recipes: Deliciously Healthy Dinners*.