

# Chicken with bread crumbs, parsley and lemon

*Keep your plate lean, green and incredibly tasty this Winter season!*

As esteemed chef and renegade lunch lady Ann Cooper once told me, “winter can still be a glorious time to eat”. No matter where you live (and believe me, it doesn’t get much harder than Utah), you can still find delicious, healthy and sustainable food near you.



My secret to super tender chicken is to add a splash of water at the end, which essentially gives a quick steam and keeps it moist and delicious. Pounding the chicken breast thinly and cooking with the lid on top makes for quicker, more energy efficient cooking as well. - Kate

2 boneless skinless organic chicken breasts (preferably local), pounded until thin  
2/3 cup homemade bread crumbs\* (or panko style breadcrumbs)  
salt and pepper  
1 egg, lightly beaten with 1 tsp water (preferably local and organic)  
1 teaspoon local butter  
1 tablespoon olive oil  
wedge of lemon and fresh chopped parsley

1. Place egg mixture in a shallow dish, and bread crumbs in another dish
2. On medium high heat melt butter and add olive oil to medium size sauté pan.
3. Dredge the chicken breasts in the egg mixture, and then the breadcrumbs. Pressing the crumbs gently.
4. Place chicken breasts into heated pan, sprinkle with salt and pepper, and cover with a lid.
5. Continue cooking for about 3-4 minutes or until chicken is cooked almost halfway through from the bottom up.
6. Flip chicken, add about 2 tablespoons of water (careful of splattering!) and replace cover. Let chicken steam an additional 1-3 minutes depending on thickness. Remove from heat, check for doneness, and serve hot. Also delicious chopped in salads or sandwiches the next day.
7. Squeeze lemon over chicken and sprinkle parsley.

\* Using any “day old” or later bread (I often do this a good week later) you can make breadcrumbs in about a minute: The next time you have your food processor out for something, throw dried bread into the food processor and process until bread crumbs are of desired size. Voila! Fabulous homemade breadcrumbs that you can easily freeze until needed.

Seasonal Recipes brought to you by:  
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