

Pecan and Cranberry Crusted Chicken



Makes:

8 servings

Utensil:

12" Chef's Gourmet Skillet
large mixing bowl

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Recipe:

Contributed By:

Chef John Lara
Personal chef to former U.S. President
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Recipe Description:

Easy, delicious and impressive this low-fat, low-sodium chicken dish will melt in your mouth!

2 cups
bread crumbs
(240
g)
1 cup
dried cranberries
(121
g)
½ cup
pecans, chopped
(55
g)
½ cup
fresh parsley
(30
g)
1 teaspoon
nutmeg
(2
g)
½ teaspoon
salt
(2.5
mL)
4 chicken breasts, boned, skinned, and cut in half horizontally

Directions:

1. In food processor combine bread crumbs, cranberries, pecan, parsley, nutmeg and salt, and process until everything is crumbled and blended. Transfer mixture to large mixing bowl

- and set aside.
2. Cut each chicken breast in half horizontally. Place each half chicken breast between waxed paper and pound with meat mallet until cutlets are approximately $\frac{1}{4}$ -inch thick.
 3. Coat each side of cutlet with seasoned breadcrumb mixture.
 4. Preheat skillet on medium-low. When several drops of water sprinkled on the pan skitter and dissipate place cutlets into pan. Sauté approximately 3 minutes, turn and sauté other side approximately 3 minutes. You will need to cook 4 cutlets at a time.
 5. Slice cutlet on the bias and serve with your favorite side-dish.

Nutritional Information per

▼ Serving

Calories: 540
Total Fat: 9g
Saturated Fat: 1g
Cholesterol: 68mg
Sodium: 425mg
Total 82g
Carbs:
Dietary Fiber: 7g
Sugar: 2g
Protein: 32g