

WALNUT & ROSEMARY OVEN-FRIED CHICKEN

—————MAIN DISH—————

INGREDIENTS

1/3 cup panko (Japanese breadcrumbs)
1/3 cup finely chopped walnuts
2 tablespoons grated parmesan cheese
1 teaspoon minced fresh rosemary (or about 1/2 teaspoon dried)
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 cup low-fat buttermilk
2 tablespoons Dijon mustard
4 (4-ounce) chicken breasts
Cooking spray

DIRECTIONS

1. Preheat oven to 425° F. Combine breadcrumbs, walnuts, parmesan cheese, rosemary, salt, and pepper in a shallow dish.
2. Combine buttermilk and mustard in a second shallow dish, stirring with a whisk. Add chicken to buttermilk mixture, turning to coat.
3. Remove chicken from buttermilk mixture; discard buttermilk mixture.
4. Coat chicken on both sides in breadcrumb mixture.
5. Arrange a wire rack on a large baking sheet; coat rack with cooking spray.
6. Arrange chicken on rack; coat chicken lightly with cooking spray to ensure breadcrumbs don't burn.
7. Bake for 15 minutes or until chicken is done (165° F internal temperature).

VARIATIONS & TIPS

- For a crispier breading, heat a small skillet over medium-high heat. Add breadcrumbs to pan; cook 3 minutes or until golden. Stir frequently, being careful not to burn, then proceed to step 2.
- You can use whole-wheat breadcrumbs instead of Panko.
- As an alternative to buttermilk, you could use Greek yogurt, sour cream or regular milk with lemon juice added.
- Use chopped pecans or almonds in place of the walnuts.
- Instead of the fresh rosemary, use 1/4 to 1/2 teaspoon dried rosemary.
- To make this meal more kid-friendly, serve with a honey-mustard dipping sauce.

NUTRITION FACTS

249 calories, 10 g fat (1.7 g saturated fat), 29 g protein, 8 g carbohydrates, 1 g fiber, 447 mg sodium

YIELD: 4 servings

TOTAL COST: \$4.57 (updated September 2022)

COST PER SERVING: \$1.14

SOURCE: Adapted from CookingLight.com

