**Baked Chicken Cutlet**

Prep time: 1 hour Cook time: 30 min

**Ingredients:**

* 4 skinless, boneless chicken breasts
* ½ tsp oregano
* 1 tbsp olive oil
* 1 egg
* 2 tbsp milk
* ¾ cup bread crumbs
* 1 tsp garlic powder
* ½ tsp red chili powder
* Low sodium salt and pepper, to taste
* 1 tbsp fresh coriander leaves, chopped

**Instructions:**

1. Pound each chicken breast to an even ¼ inch thickness. Rub the chicken with oregano, salt, pepper, and olive oil. Marinate for 45 minutes.
2. Preheat the oven to 400°F (200°C) and line a rimmed baking sheet with parchment paper.
3. In a bowl, whisk together the egg, milk, and a pinch of salt and pepper.
4. In a shallow dish, combine the garlic powder, red chili powder, and bread crumbs.
5. Dip each chicken breast into the egg mixture, then dredge it in the bread crumb mixture, lightly pressing to coat both sides.
6. Place the coated chicken onto the prepared baking sheet and brush lightly with cooking oil.
7. Bake in the preheated oven for 15 minutes. Then, flip the chicken cutlets and bake for another 8-10 minutes, or until they are golden and cooked through.
8. Sprinkle with fresh chopped coriander leaves and serve hot.