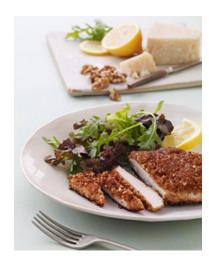
whole living



Walnut-Crusted Chicken Breasts

Packed with omega-3 fatty acids, walnuts add richness to this light breading; the coating keeps the chicken moist. For longer shelf life, store nuts in the freezer.

Body+Soul, April/May 2007

http://www.marthastewart.com/131913/walnut-crusted-chicken-breasts

Rated(0)

Prep TimeTotal TimeYield20 minutes35 minutesServes 4

Ingredients

2 slices whole-wheat bread, dried

1/3 cup walnuts

2 tablespoons Parmesan cheese, freshly grated

Coarse salt and ground pepper

1 large egg white

4 chicken breast halves, boneless and skinless (6 to 8 ounces each)

1 tablespoon grapeseed oil

Lemon slices, for serving

Seasonal green salad

Directions

- 1. Preheat oven to 425 degrees. In a food processor, combine bread, walnuts, and Parmesan; season with salt and pepper. Process until fine breadcrumbs form. Transfer to a shallow bowl. In another shallow bowl, beat egg white until frothy.
- 2. Season chicken with salt and pepper. Dip each breast into egg white, letting excess drip off, and then into crumb mixture, pressing to adhere.
- 3. In a large nonstick ovenproof skillet heat oil over medium heat. Add chicken and cook until lightly browned, 1 to 3 minutes. Carefully turn chicken over and put skillet in oven. Bake until chicken is golden brown and cooked through, 8 to 12 minutes.
- 4. Serve chicken with lemon slices and green salad.

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