



## 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.

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

Rated(0)

Prep Time	Total Time	Yield
20 minutes	35 minutes	Serves 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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