

Title:

Low Carb Chicken Recipes Made Easy

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447

Summary:

Do you have an interest in cooking? Or, are you interested for some of the low carb chicken recipes? If so, then you have found the right page for your need. Why? Obviously, it is for the main reason that in this article you will find two of the favorite low carb chicken recipes that you can add to your low carb chicken recipe collection. It is also interesting to know that these provided low carb chicken recipes are taken from the most trusted resources on low carb chicken r...

Keywords:

Article Body:

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So here is one of the great low carb chicken recipes that will give you a sense of satisfaction before and after preparing it. Well, this low carb chicken recipe is named as Crunchy Pecan Chicken. Generally, this low carb chicken recipe is a skillet chicken recipe that has a coating of ground pecans and Parmesan cheese. This is basically composed of one cup of ground pecans, ½ cup of grated parmesan cheese, ½ teaspoon of garlic salt, ½ teaspoon of dried leaf basil that is crumbled, lemon juice for dipping, 4 boneless chicken breast halves that are also pounded to make flat and even in thickness, and 2 tablespoons of olive oil.

In terms of the procedures involved in this low carb chicken recipe, all you need to do is to combine the pecans, cheese, garlic salt and basil in a huge low dish. Then put the lemon juice in another low dish; dip the chicken in juice and then coat with pecan mixture. After that, you heat oil until moderately hot, and

then add the chicken. The average period for each piece of chicken to be cooked is 3 to 5 minutes on each side or until golden. As simple as that!

The other notable low carb chicken recipe is what is known as Smacking Wings. Accordingly, this low carb chicken recipe is about wings that are tangy and sweet version of Buffalo wings. This is basically composed of 16 chicken wings, $\frac{1}{2}$ cup of salad oil, $\frac{1}{4}$ cup of balsamic vinegar, $\frac{1}{4}$ cup of honey, 2 tablespoons of brown sugar, 2 tablespoons of cane syrup or dark corn syrup, 1 tablespoon Tabasco sauce, $\frac{1}{2}$ teaspoon of red pepper flakes, $\frac{1}{2}$ teaspoon of dried thyme, 1 teaspoon soy sauce, $\frac{1}{4}$ Worcestershire sauce, $\frac{1}{4}$ teaspoon cayenne, and $\frac{1}{4}$ teaspoon of ground nutmeg. The directions for this low carb chicken recipe are just so simple and brief. You just need to cut off and discard the bony wing tips, and cut the remaining wings in half. Then in a large bowl combine the remaining ingredients and blend well. Marinate the wings in this mixture for one hour in the refrigerator and then grill in a medium heat for 15 to 20 minutes.