

Herb Crusted Chicken

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 4

Serving Size: 1 (6-ounce) organic chicken breast

Ingredients:

4 (6-ounce) organic skinless, boneless chicken breasts	2 tablespoons finely chopped fresh parsley (sub 1 teaspoon dried)
½ teaspoon sea salt	1 ½ tablespoons organic ghee
½ teaspoon ground black pepper	4 lemon wedges
½ teaspoon garlic granules/garlic powder	
½ teaspoon dried oregano	
½ teaspoon sweet paprika	
2 tablespoons Dijon mustard	
2 large egg white, lightly beaten	
½ cup almond meal	

Directions:

1. Trim the fat off each chicken breast and slice each breast in half lengthwise. You want to slice the chicken so that you are making two THIN pieces of chicken.*
2. Place each breast between 2 sheets of heavy-duty plastic wrap; pound to 1/2 inch thickness using a meat mallet or rolling pin.
3. Place almond meal, garlic powder, dried oregano, and sweet paprika in a shallow bowl/dish and mix to combine.
4. Combine Dijon and egg white in a separate shallow dish, whisking together well.
5. Working with one chicken breast at a time, dredge the chicken in egg mixture; allow excess to drip off, then dredge in almond meal mixture, turning to coat. Set aside on a separate plate. Repeat process for each chicken breast.
6. Evenly sprinkle your breaded chicken with salt and pepper.
7. Heat ghee in a large non-stick skillet over medium-high heat. Add chicken breasts and cook for 4 minute, then flip and cook the other side for 2 minutes.
8. Turn the heat down to medium-low and place the lid on your pan, leave it a bit tilted. Cook the chicken an additional 2-4 minutes this way or until cooked all the way through. This chicken comes out juicy and tender on the inside and browned to perfection on the outside.
9. Turn off the heat, squeeze on some lemon juice, and sprinkle with parsley before serving.

Tips and Tricks:

This recipe makes for amazing leftovers – try adding leftover chicken to a salad or in a wrap for lunch the next day.

*I like to purchase chicken cutlets so that this step is already done for me☺

Nutritional Information Per Serving:

Calories: 347.2
Fat: 16.3 g
Cholesterol: 151.9 mg
Sodium: 254.8 mg
Total Carbohydrate: 6.1 g
Dietary Fiber: 1.9 g
Sugars: 0.7 g
Protein: 43.2 g