

Buttermilk Crumb-Coated Chicken



PREPARATION TIME
10 minutes



COOKING TIME
35 minutes



PERFECT PARTNER
mashed potatoes



Don't buy an entire carton of buttermilk if you won't use all of it. Make your own buttermilk by combining $\frac{1}{2}$ tablespoon lemon juice and enough milk to yield $\frac{1}{2}$ cup for the recipe.

SHOPPING LIST

- chicken breasts • buttermilk
- fresh parsley
- Parmesan cheese

ON HAND

- butter • Dijon mustard • salt
- dried basil • dried tarragon
- bread crumbs

Buttermilk Crumb-Coated Chicken

INGREDIENTS

- 1/2 cup buttermilk
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 cup bread crumbs
- 3 tablespoons chopped fresh parsley, divided
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried basil
- 1/2 teaspoon dried tarragon
- 2 tablespoons melted butter or margarine

SERVES 4

COOKIN'
Express

- Defrost frozen unwrapped chicken breasts quickly by soaking in heavily salted cold water. The meat will be very white and flavorful. Rinse well before using.
- Keep the contents of a salt shaker "shakeable" in damp climates. Just add a few grains of uncooked long-grain rice.

Make Ahead

Prepare the chicken through step 3. Store the coated chicken in an airtight container in the refrigerator for up to 8 hours before baking.

♦ VARIATION

Sprinkle chicken with lemon juice before baking and serve lemon wedges alongside for a citrusy flavor.

- 1** Preheat oven to 375°F. Combine buttermilk, mustard and salt in a medium bowl. Add chicken; turn to coat.



- 2** Combine bread crumbs, 2 tablespoons parsley, Parmesan, basil and tarragon in a shallow baking dish. Add melted butter; toss with a fork until mixed.

- 3** Remove chicken from buttermilk mixture; discard mixture. Roll chicken in crumb mixture to coat well. Place on a greased baking sheet.



- 4** Bake chicken until juices run clear when meat is pierced with a knife, about 35 minutes. Place on a serving platter. Sprinkle with remaining chopped parsley.