

Pecan-Crusted Chicken



PREPARATION TIME

15 minutes



COOKING TIME

10 minutes



PERFECT PARTNER

succotash



Pecans, like most nuts, are expensive. You will save a considerable amount and still get full flavor if you substitute bread crumbs for half the pecans called for in this recipe.

SHOPPING LIST

- pecans • chicken

ON HAND

- eggs • Dijon mustard
- butter • olive oil

INGREDIENTS

- 1 pound shelled pecans
- 2 eggs
- 2½ tablespoons Dijon mustard
- 6 skinless, boneless chicken breasts (4 ounces each)
- 2 tablespoons butter
- 2 tablespoons olive oil

SERVES **6**

COOK'N *Express*

• You can omit step 1 if you use nut meal, or nuts already ground into crumbs. Nut meal is available at most health food stores.

Make Ahead

Process the pecans and prepare the chicken—ready for coating—up to 4 hours ahead. Refrigerate until ready to use.

VARIATION

Experiment with different kinds of nuts for the coating. Try cashews, almonds or walnuts.

1 Place pecans in a blender or food processor. Pulse until pecans are the texture of coarse crumbs. Place pecan crumbs in a large bowl.



2 Beat eggs and mustard in a small bowl with a fork. Place chicken between 2 sheets of waxed paper; pound to ¼-inch thickness.

3 Heat butter and olive oil in a large skillet over medium heat. Dip chicken in egg mixture, allowing excess to drip back into bowl. Coat chicken with pecan crumbs.



4 Add chicken to skillet. Sauté until browned, about 5 minutes per side.