

Crunchy-Coated Fried Chicken



PREPARATION TIME

15 minutes



COOKING TIME

10 minutes



PERFECT PARTNER

steamed zucchini



Pecans are a delicious but pricey ingredient. You can substitute less expensive unsalted dry-roasted peanuts and achieve a great flavor at a fraction of the cost. Grind or finely chop the nuts before using.

SHOPPING LIST

• chicken • pecans

ON HAND

• oil • eggs • Dijon mustard

INGREDIENTS

- 1¹/₂ pounds skinless, boneless chicken breasts
- 2 tablespoons vegetable oil
- 2 eggs
- 1¹/₂ tablespoons Dijon mustard
- ³/₄ pound pecans, finely crushed

SERVES **6**

COOKIN'
Xpress

- Use a paper plate for the crushed nuts, then just throw it away for a super-fast cleanup.

Make Ahead

You can pound the chicken and prepare the egg dip up to 2 hours ahead. Refrigerate until ready to proceed.

♦ VARIATION

For an Oriental twist, use Chinese mustard and 1 tablespoon soy sauce in the egg dip and crushed cashews instead of pecans.

1 Pound chicken to ¹/₄-inch thickness with a meat mallet. Heat oil in a large nonstick skillet over medium-high heat.



2 Beat eggs and mustard in a medium bowl with a fork. Spread pecans on a plate.

3 Dip chicken in egg mixture; coat with pecans.



4 Add chicken to skillet; cook for 5 minutes. Turn; cook until juices run clear when meat is pierced with a knife, about 5 minutes longer.