

Chicken Cutlets

Linda Galucci

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

chicken cutlets
1/2 to one cup olive oil
1/2 to one cup lemon juice
lemon pepper
2 tablespoons minced garlic
1/2 cup brown mustard

Preheat the oven to 350 degrees.

In a bowl, mix the olive oil, lemon juice, lemon pepper, garlic and mustard.

Place the cutlets in a baking pan. Pour 1/2 the sauce mixture over the cutlets.

Place in the refrigerator for 20 minutes.

Place in the oven until the pink has disappeared.

Flip the cutlets in the pan. Pour the rest of the sauce over the cutlets.

Bake until no longer pink, about 10 to 15 minutes on each side.

Per Serving (excluding unknown items): 1124 Calories; 118g Fat (88.3% calories from fat); 11g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1638mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fruit; 23 Fat.