

## Chicken

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# Chicken Strips Milano

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**Servings: 6**

**Start to Finish Time: 20 minutes**

**12 ounces linguine**

**1 tablespoon garlic, minced**

**4 1/2 teaspoons olive oil**

**3/4 teaspoon dried parsley flakes**

**3/4 teaspoon pepper, divided**

**1/4 cup all-purpose flour**

**1 teaspoon dried basil**

**1/2 teaspoon salt**

**2 eggs**

**1 1/2 pounds boneless/ skinless chicken breasts, cut into strips**

**2 tablespoons olive oil**

Cook the linguine according to package directions.

Meanwhile, in a large skillet, saute' the garlic in olive oil for 1 minute or until tender.

Stir in the parsley and 1/2 teaspoon of pepper. Remove to a small bowl and set aside.

In a shallow bowl, combine the flour, basil, salt and remaining pepper.

In another shallow bowl, whisk the eggs.

Dredge the chicken strips in the flour mixture then dip in the eggs.

In the same skillet, cook the chicken in two tablespoons of oil over medium-high heat for 8 to 10 minutes or until no longer pink.

Drain the linguine. Place on a serving platter.

Pour the garlic mixture over the linguine and toss to coat.

Top with the chicken.

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Per Serving (excluding unknown items): 327 Calories; 10g Fat (29.2% calories from fat); 10g Protein; 47g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 205mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.