Oven-Fried Chicken

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Servings: 4

1/2 cup whole wheat bread crumbs
1 teaspoon dried oregano
4 tablespoons olive oil, divided
1 1/4 pounds boneless, skinless
chicken breast cutlets, pounded thin
3 tablespoons whole wheat flour
2 eggs, beaten
1/4 teaspoon salt
1/2 teaspoon black pepper, divided
assorted fresh, non-starchy vegetables,
diced

2 tablespoons lemon juice 3 cups haby greens 1/2 cup cherry tomatoes, halved lemon wedges (optional)

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Toss the bread crumbs and oregano with two tablespoons of the oil. Spread on a parchment-lined baking sheet. Bake for 6 minutes.

Coat the chicken with the flour, then the egg, then the crumbs. Sprinkle with the salt and 1/4 teaspoon of pepper.

Place on a baking sheet and spritz with cooking spray. Bake for 15 minutes or until cooked through. Slice the chicken.

Steam the fresh vegetables until crisp-tender.

To make the dressing: In a bowl, whisk the lemon juice and remaining two tablespoons of oil. Add the remaining 1/4 teaspoon of the pepper.

Toss the greens and tomatoes with dressing. Serve the chicken with salad, veggies and a lemon wedge.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 235 Calories; 17g Fat (63.5% calories from fat); 6g Protein; 16g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Chicken

Day Carrier Mutritional Analysis

| Calories (kcal): | 235 | Vitamin B6 (mg): | .1mg |
|--------------------------------|----------|----------------------|-----------|
| % Calories from Fat: | 63.5% | Vitamin B12 (mcg): | .3mcg |
| % Calories from Carbohydrates: | 26.3% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 10.3% | Riboflavin B2 (mg): | .2mg |
| Total Fat (g): | 17g | Folacin (mcg): | 29mcg |
| Saturated Fat (g): | 3g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 11g | Caffeine (mg): | 0mg 0 |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 0.0% |
| Cholesterol (mg): | 106mg | | |
| Carbohydrate (g): | 16g | Food Exchanges | |
| Dietary Fiber (g): | 3g | Grain (Starch): | 1 |
| Protein (g): | 6g | Lean Meat: | 1/2 |
| Sodium (mg): | 281mg | Vegetable: | 0 |
| Potassium (mg): | 170mg | Fruit: | 0 |
| Calcium (mg): | 39mg | Non-Fat Milk: | 0 |
| Iron (mg): | 2mg | Fat: | 3 |
| Zinc (mg): | 1mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 7mg | | |
| Vitamin A (i.u.): | 268IU | | |
| Vitamin A (r.e.): | 49 1/2RE | | |

Nutrition Facts

Servings per Recipe: 4

| Amount Per Serving | | | |
|---|---------------------------------------|--|--|
| Calories 235 | Calories from Fat: 149 | | |
| | % Daily Values* | | |
| Total Fat 17g Saturated Fat 3g Cholesterol 106mg Sodium 281mg Total Carbohydrates 16g Dietary Fiber 3g Protein 6g | 26% 14% 35% 12% 5% 10% | | |
| Vitamin A Vitamin C Calcium Iron | 5% 12% 4% 10% | | |

^{*} Percent Daily Values are based on a 2000 calorie diet.