
Pecan Chicken III

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

1 1/2 cups finely chopped pecans, toasted

2 tablespoons fresh flat-leaf parsley, chopped

1 1/2 teaspoons table salt

2 egg whites

4 boneless/ skinless chicken breasts

Preheat the oven to 400 degrees.

In a bowl, combine the pecans, parsley and salt.

In a bowl, beat the egg whites just with a fork until foamy. Dip both sides of the chicken in the egg. Dredge in the pecan mixture. Arrange the chicken breasts on a lightly greased baking sheet lined with aluminum foil.

Bake in the preheated oven until a thermometer inserted in the thickest portion registers 165 degrees, 20 to 25 minutes.

Chicken

Per Serving (excluding unknown items): 9 Calories; trace Fat (1.5% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 900mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable.