

Crusted Chicken Cutlets

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Servings: 4

1 large egg

*2 to 4 cups cereal, crackers,
pretzels or chips, crushed*

*4 (4 ounce each) chicken
cutlets*

Kosher salt

freshly ground pepper

1/3 cup vegetable oil

Beat the egg in a shallow dish. Put the desired coating in a separate shallow dish. Season the chicken all over with salt and pepper. Dip in the egg, letting the excess drip off, then firmly press in the coating, making sure to coat both sides.

In a large nonstick skillet over medium-high heat, heat the vegetable oil. Working in two batches, add the chicken and cook until crisp and cooked through, 4 to 5 minutes per side, adjusting the heat as needed if the coating is browning too quickly.

Drain on a paper towel-lined plate. Season with salt.

Crust Options:

Crisp Rice Cereal - Crush 2 cups in a resealable plastic bag with a rolling pin.

Cheese Crackers - Crush 3 cups in a food processor.

Pita Chips - Crush 3 cups in a food processor.

Pretzels - Crush 4 cups in a food processor.

Plantain Chips - Crush 3 cups (one five ounce bag) in a food processor.

Per Serving (excluding unknown items): 177 Calories; 19g Fat (96.3% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 53mg Cholesterol; 18mg Sodium. Exchanges: 0 Lean Meat; 3 1/2 Fat.