



Walnut and Rosemary Oven-Fried Chicken

Serves: 4

Cook Time: 30 minutes

Shopping list:

- ¼ Cup almond milk
- 2T. Dijon mustard
- 4 (6oz.) Chicken cutlets
- 1/3 Cup Whole-wheat breadcrumbs

- 1/3 Cup finely chopped walnuts
- 2 T. Grated Parmesan cheese
- 3/4 tsp. Minced fresh rosemary
- 1/4 tsp. Kosher salt
- 1/4 tsp. Black pepper
- Cooking spray
- Rosemary leaves (optional)

Recipe:

1. Preheat oven to 425°
2. Combine almond milk and mustard in a shallow dish; whisk
3. Add chicken to almond milk mixture, turning to coat
4. Heat a small skillet over medium-high heat
5. Add breadcrumbs to pan; cook 3 minutes or until golden, stirring frequently.
6. Combine breadcrumbs, nuts, Parmesan cheese, rosemary, salt, and pepper in a shallow dish.
7. Remove chicken from almond milk mixture; dredge chicken in breadcrumb mixture
8. Arrange a wire rack on a large baking sheet; coat rack with cooking spray; coat chicken with cooking spray and place on wire rack.
9. Bake chicken at 425° for 13 minutes or until chicken is done; garnish with rosemary leaves (optional).

Place chicken in center of dish and garnish with rosemary leaves!

ENJOY!

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