

Main Dishes – Chicken



Pecan Pan Fried Chicken

Serves: 4 (serving size - 1 thigh)

- 4 skinless chicken thighs
- 4 oz buttermilk
- 2 small eggs
- 1/2 cup whole wheat breadcrumbs
- 1/2 cup pecans
- 1/2 teaspoon steak seasoning
- 4 tablespoons extra virgin olive oil

Directions

1. In a small bowl, mix buttermilk and eggs.
2. Place breadcrumbs, nuts, and steak seasoning in a blender grind to moderate grain consistency.
3. Spread the crumb/nut powder in an 8 by 8 dish flat dish.
4. Soak each chicken thigh in the buttermilk egg mix, then place in dish with crumbs/nuts and flip to coat both sides.
5. Heat the oil on medium heat in medium size frying pan. Once hot, add the chicken. Flip in 10-12 minutes. Total cooking time 20 to 25 minutes or until crispy brown. If chicken is thick, or if cooking chicken breasts, cover the pan when frying.
6. Serve warm. Use a strainer to separate the crumbs from the oil and enjoy these too.

*To make your own breadcrumbs, see “Quick Cooking Tips” on page 10.

Nutrition Facts	
servings per container	
Serving size	(202g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 220mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 445mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.