



Dinner Recipe

Panko Crusted Chicken Breast

Ingredients:

- 1 pound organic chicken breast
- 2/3 cup panko
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 egg



Directions:

1. Preheat oven to 375 degrees
2. Whisk egg
3. Trim fat on chicken breast then cut into strips
4. Mix panko, salt and pepper in a zip-lock bag
5. Place chicken in egg wash then toss in the panko mixture
6. Coat baking sheet with non-stick spray
7. Place on a baking sheet
8. Cook for 12-15 minutes

Makes 3-4 servings

Enjoy!