

Almond Crusted Chicken

Ingredients

- * 4 (6 ounces each) boneless, skinless chicken breasts
- * 6 tablespoons slivered almonds, chopped
- * 1/2 cup egg substitute
- * 2 tablespoons fresh lemon juice
- * 1 cup water
- * 8 ounces chicken broth
- * 1/4 cup all-purpose flour
- * 2 tablespoons grated Parmesan cheese
- * cooking spray
- * 4 teaspoons olive oil
- * 4 teaspoons chopped fresh parsley

Direction

1. Mix chopped almonds and Parmesan cheese together in a small, shallow bowl.
2. Dredge chicken breast in flour, dip in egg substitute, and then roll in chopped almonds and Parmesan cheese.
3. Heat oil in a large skillet over medium-high heat. Brown the chicken in the skillet for 2-4 minutes. Remove chicken and place in a 9"x13" baking dish lightly sprayed with nonstick cooking spray.
4. Deglaze the skillet with lemon juice and chicken stock. Add chopped parsley and pour over the chicken.
5. Bake the chicken at 375F for 15-20 minutes or until done.