

Updates Shared at Civic Meeting

Baldwin County Commissioner Skip Gruber was the featured speaker at the January meeting of the Lillian Civic and Legislative Committee.

Recycling bins will be placed at the Lillian Volunteer Fire Department facility on south Route 91. It will accept paper, cardboard, aluminum and plastic, but no Styrofoam or glass items. Breakdown of boxes is requested to conserve space in the bins.

Do not place bulky items such as appliances, furniture and mattresses at the site. Baldwin County residents may request two bulk waste and two yard debris pickups per quarter. Bulk waste includes furniture, appliances, mattresses, carpet and auto tires.

There is a limit of six tires per quarter. There is also a limit of six white goods per quarter. This includes refrigerators, ranges, water heaters, air conditioners and other large appliances.

Swing sets, fence wire, exercise equipment and large console televisions do not qualify as household items and are not picked up. Construction and demolition waste are not eligible.

Yard waste includes material from landscape maintenance, including grass clippings, leaves and twigs. Tree trunks or limbs more than two inches in diameter are not

considered yard waste. For a pickup of bulk waste or yard debris, call 251-972-6878.

The new one-arm trucks are working well and more are being purchased to increase the coverage in the county. Most of Lillian is on the system. The new system helps keep the employees safe, as the old system required one on the outside of the truck. Employees no longer needed outside the truck are being trained as drivers and placed in other positions.

No employees have lost their jobs due to the new system.

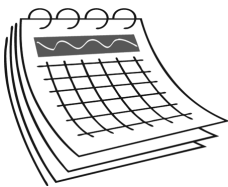
Plans are moving ahead for the extension of the Beach Expressway to I-65. The \$168 million budget for this year includes \$11 million to acquire the rest of the right-of-way.

The 26-mile extension is expected to cost approximately \$200 million. In order to pay for the extension, it will necessitate a toll road.

Meetings of the Lillian Civic and Legislative Committee are held at 8:30 a.m. the second Monday of each month at the Lillian Community Center and are open to the public.

Civic and Legislative Committee

By Sally McKinney



Community Bulletin Board

- Feb. 2, 9, 16 & 23 - Optimist Club of Perdido Bay**
Saturday breakfast and meeting, 8 a.m. at Lillian Community Club
- Feb. 2, 5, 9, 12, 16, 19, 23 & 26 - Alcoholics Anonymous**
meeting, 7 p.m., Lillian United Methodist Church
- Feb. 2 - Boating Knowledge and Safety Class**, 9 a.m. to 5 p.m., Lillian Recreation Park, see story on Page 2
- Feb. 5 & 19 - Garden volunteers meeting for walking trail gardens clean up**, 9-11 a.m., Lillian Recreational Park
- Feb. 5, 12, 19 & 26 - Weight Watchers** meets every Tuesday, 4:30-5:30 p.m. at Lillian United Methodist Church
- Feb. 5 & 19 - Lillian Masonic Lodge 925** meetings first and third Tuesday of each month, 6:30 p.m. Contact Joe Taylor at 251-962-4301 or Jim Covert at 251-962-7354
- Feb. 7 - Lillian Recreational Park** meets the first Thursday of the month, 6:30 p.m. at park conference room
- Feb. 9 - Valentine Dinner/Dance**, 6 p.m., LCC, sponsored by Optimist Club, see story on Page 2
- Feb. 11 - Lillian Civic and Legislative Committee meeting** on second Monday of each month, 8:30 a.m., open to public
- Feb. 11 - LASAR meeting**, 7 p.m. second Monday of each month, Barclay Street
- Feb. 14 - Gulf Coast Classic Car Club meeting**, 6 p.m. second Thursday of each month, Gulf Bowl Bowling Alley, 2881 S. Juniper Street, Foley
- Feb. 15 - Homestead Extension Renewal assistance**, 9 a.m. to 1 p.m., LCC
- Feb. 15 - Gulf Coast Classic Car Club "Cruisin,"** 5-8:30 p.m. third Friday of each month, Sonic, Foley
- Feb. 17 - Sunday Night Songfest**, 6 p.m., third Sunday of each month, Bayside Baptist Church
- Feb. 18 - Lillian Bicentennial Committee meeting**, 9 a.m., Lillian Recreational Park meeting room
- Feb. 18 - Lillian Women's Club** meets the third Tuesday of the month Sept. through May, 11:30 a.m., Lillian Community Club
- Feb. 18 - American Legion Post 48 meeting**, 7 p.m. third Monday of each month, Lillian Community Club
- Feb. 24 - American Legion Post 48 ham dinner**, 11 a.m. to 1 p.m., Lillian Community Club dining hall

There is a community calendar available to help you plan without competing with another event. Check with Sandy at the Lillian Community Club. 251-962-3366 from 9-11 a.m. Monday-Friday

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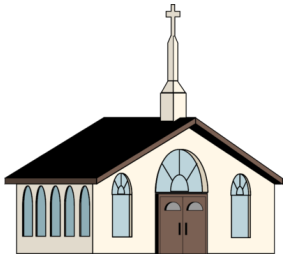
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Worship Pastor: Charlie Ellisor
Congregational Care Pastor: Josh Soto
Sunday worship service at 10 a.m. includes nursery and kids' church
Home groups in Lillian & Elberta Sunday nights
Wednesday night service meal at 5:30 p.m.
Bible study for all ages at 6:30 p.m.
Wednesday
Youth group meeting Wednesday at 6:30 p.m.

FIRST BAPTIST CHURCH OF LILLIAN

34421 Barclay Avenue, Lillian
251-962-2180
Email: LillianBaptist36549@gmail.com
Pastor Josh Thompson
Youth leader D.J. Frank
Sunday school for all ages at 9:15 a.m.
Sunday worship at 10:30 a.m. includes children's church
Sunday evening worship at 5 p.m.
Wednesday prayer meeting at 6 p.m.
Wednesday student and children's ministry from 5:30-7:30 p.m., meal included

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251-979-9878 or 251-979-6477
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Email: carrollpru2@gmail.com
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Wednesday service at 7 p.m.



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Pastor Dean Conkel
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LILLIAN UNITED METHODIST CHURCH

12770 South Perdido Street, Lillian
251-962-4336
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Email: office@lillianumc.org
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9110 County Road 97
251-986-3186
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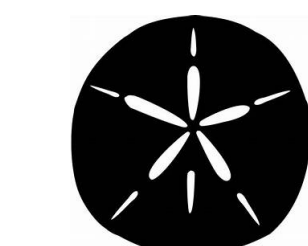
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You can borrow medical supplies for free! Lillian American Legion Post #48 has a 'lending closet' that stocks many useful items, including wheelchairs, crutches, walkers, hospital beds, potty chairs, etc. Please contact Glen Gandy at 251-979-6005 or Darrell Ochs at 251-269-9084. Check here before you buy or rent. Donations may be dropped off at Twice Upon A Time thrift shop and the Lillian Community Club. THANK YOU! ~ Individuals who have items borrowed from the closet and no longer have a need, please call and return the items to the Legion. ~ Individuals willing to donate unused items can call and we will pick them up.



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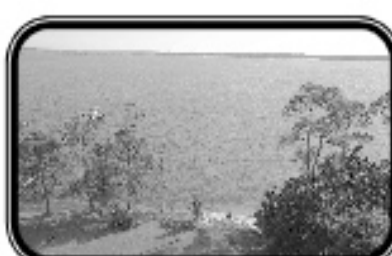
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Stephanie Fell Porter had been helping pets and people in Lillian for the last two decades with Dr. Susan Wells. She is a Licensed Veterinary Technician and has accepted a position with Auburn Veterinary Specialists in Gulf Shores. Affiliated with Auburn University, the facility provides specialized services and educational opportunities for internal medicine and surgery students.

**Lillian Vet Hospital Observing
Pet Dental Health Month**

Dental health plays a vital role in the overall health and wellness of your pet. Dental problems can be caused by numerous other health problems.

Your pets' teeth should be checked by your vet once or twice a year to ensure a healthy mouth and a healthy pet. Veterinary dentistry can include cleaning, polishing, extractions and repair.

The procedures require sedation and should only be performed by a vet. Dental radiographs are another important part of a thorough oral exam and will be performed at the time of dental cleaning. Radiographs allow us to evaluate the tooth health under the gum line.

There are many signs that can indicate the need for an exam or cleaning. These include bad breath, broken or loose teeth, retained baby teeth, tarter buildup, abnormal chewing or drooling, reduced appetite, pain around the mouth, blood-tinged saliva and swelling around the mouth.

Periodontal disease is very common in cats and dogs. By the time your pet is three years old, they will likely have signs of dental disease. Early detection and treatment are critical. Plaque is where the disease process begins. Plaque hardens into tarter, which then damages the gum line and sets the stage for infection.

We recommend bi-annual oral exams to ensure your pet maintains their best health. February is National Pet Dental Health Month and we are offering a free dental prophylaxis with scaling and radiographs for felines with a full comprehensive wellness panel.

**Lillian
Veterinary
Hospital**



Cats that are current on vaccinations or are made current on vaccinations during February are eligible to receive a free dental cleaning with the purchase of our in-house wellness panel.

This utilizes samples to give a comprehensive look into your pet's health including organ function, urinary health, blood health, parasite status and more.

The wellness panel is \$275 and includes a blood cell count, blood chemistries, electrolytes, thyroid test, urinalysis and intestinal parasite screening.

Canines with a scheduled dental cleaning in February will receive a complimentary pre-anesthetic blood chemistry panel.

Call 251-962-2304 to schedule your pet's dental cleaning and

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Fighting For Control

As a child, you threw temper tantrums to get your own way... not that it worked. As a newlywed, you had to learn how to compromise instead of fighting for control, in order to save your marriage and sanity. As a parent, you had to pick and choose your fights to keep your teenagers under control.

And as empty-nesters, you had to learn all over again how to compromise with your spouse... especially when the TV volume is blaring sports 24/7 and they refuse to hand over the remote.

So one would think that living alone is ideal. Because when you're living alone, everything is under your control, like the Burger King slogan - 'have it your way.'

Well, 'having it my way' is not the way it works in my house. Because I constantly have to fight for control. Noise control that is.

Yes, I realize the racket in my house is my fault. I brought it on myself with all the critters I've rescued and/or collected.

When I walk in the front door, my pack of dogs start jumping and barking with excitement. Some pups



Spilling Coffee with Pam

By Pamela Vanden Bos

just want a pat on the head or tummy rubs, while the elderly dogs need to get the heck out to go potty. Then with all the yipping commotion, the parrots squawk and begin to screech, "Get out, get out. Go outside. Get out now."

Consequently, I have to fuss at my furry or feathered friends by scolding them with "Now hush."

But at night, if someone growls, barks or the birds start whispering after the lights are out, I simply say in a gruff tone, "Knock it off, guys." However, when the phone rings, or a delivery person arrives, all hell tends to break loose.

Dogs start howling and the birds actually will bark - sounding like the dogs. My eardrums vibrate in pain. And then at that point, I have to holler at the top of my lungs, "Hey!"

And the house will instantly go silent, so then can I follow up with a

firm, "Stop it." And happily, I'm back in control.

Last Sunday, it was a cold but sunny morning. My household was unbelievably calm. The dogs were snoozing or licking their paws in front of the fireplace. The parrots were perched in their favorite spots, cracking peanuts that I'd just handed out.

Frankly, the peace and quiet was so heavenly, I broke out in song. "It's a beautiful morning. Sunday morning. I think I'll go outside awhile and just smile. It's a beautiful morning. Sunday morning."

Ha, I was cracking myself up because I remember the tune but totally forgot the words, so I just ad-libbed.

Several of the dogs stopped what they were doing, raised their heads and watched as I twirled around the kitchen waving my arms.

So just to be silly, I sang louder. Until I heard a screeching, "Hey," which took me by surprise, and made me pause mid-note.

Then simultaneously, Sammy and Sidney, my two umbrella cockatoos, confidently squawked, "Stop it!"

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In the Gospel of John chapter 15:9-17, we read these words: “As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit--fruit that will last--and so that whatever you ask in my name the Father will give you. This is my command: Love each other.”

We are born totally self-centered and totally helpless. In order to survive in this world we must make our needs known. If those needs are met, then we will probably grow to love those meeting our needs. But is that really love? We say that children have to be taught to hate, but isn’t that true of love as



The Methodist Message

By Rev. Daniel Randall

well? Think how difficult it is to teach a child to share. Is it really something that happens naturally? Is it something that comes from within? Or is it something we learn as infants and then as children, first of all, from our primary caregivers and then from those around us?

C.S. Lewis, distinguished between “need love” and “gift love.” Need love should be self-evident. It is the most common kind of love in our world. I love you because you meet my needs. It might be that my self-esteem is boosted when I am with you or it might be simply my need to be loved. Most of us have a need for companionship. Need love is always born of emptiness. The person characterized by need love is always grasping to attain from other things or values which he or she covets. Lewis contends that many times when we humans say to another, “I love you,” what we are really meaning is, “I need you, I want you. You have a value that I very much desire to make my own, no matter what the consequence may be to you.”

Now contrast that with what Lewis calls “gift love.” Instead of being born of emptiness or lack, this form of loving is born of fullness. The goal of gift love is to enrich and enhance the person whom we love rather than to extract value from them. “Gift love moves out to bless and to increase rather than to acquire or to diminish. Gift love is more like a bountiful, artesian well that continues to overflow than a vacuum or a black hole.” Lewis concludes that is what God’s love is all about. In other words, God’s love is gift love, not need love. This, of course, is the meaning of agape love.

Are we capable of agape love - loving as God loves? To a certain extent we are, but this does not happen naturally for human beings. For us to substitute gift love for need love, we must go to the source of love and the source of all love is God. Jesus says in our lesson for today, “As the Father has loved me, so have I loved you.” Love, then, doesn’t come from within - it comes from above!

Later, in his first epistle John writes, “Dear friends, let us love one another, for love comes from God.” Where does love come from? It comes from God. John continues, “Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.” So, that is the

answer to the first question: where does love come from? It comes from God. Then John adds, “This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” (1 John 4:7-11).

The ultimate personification of LOVE is Jesus Christ. “This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” That is what love looks like and this love that we receive as a gift is only experienced when we pass it on to others. Jesus said love each other as I have loved you.

Where does love come from? It comes from God alone. What does it look like? It looks like a man hanging on a cross in our behalf. What does such love require out of us? It requires us to move beyond need love to gift love.

To look around at others who are in need of God’s love and to give it to them - not asking what they can do for us, but remembering what Christ has done for us. “This is my command,” Jesus said to his disciples, and also to us: “Love each other.”

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Movies & Music in the Park

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 **The 2019 season of Movies and Music in the Park begins on Friday, April 5! See you then!**

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Bits and Pieces

By Jacqueline Reid

Science never stands still. Even after discoveries are made and developed, perfecting this technology is always in motion.

DNA is one of those ever-improving advances in science. Because of this, if you had your DNA done on Ancestry or any of the other genealogical websites and haven't checked it in the last six months, you might want to check it again because testing keeps improving, results keep changing.

Your DNA doesn't change, but results become clearer and more detailed.

Another reason for the update is due to "markers." Results on any type of testing have to have a baseline. DNA is no different. For most Americans, the baseline or marker has to come from a place in Europe, Asia or Africa since the U.S. is young and is a melting pot of nationalities.

If there are no "markers" from a specific area, there isn't anything to compare a certain genetic marker in your DNA to. This is why some people think the testing doesn't work, because their ancestry connection to a remote tribe in Anywhere, Planet Earth, doesn't show up in the test results.

If you study early history, you'd be amazed at the migration of the tribes of Europe. Dublin, Ireland and Normandy, France, for instance, were originally settled by Vikings, mostly Danes, but also combinations of Swedes, Norwegians and Danes. They were often called the North Men or Norse. Parts of Europe, Asia and Africa were conquered by the Romans during their reign from about 509 BC to 476 AD. And there were many tribes that moved around and settled areas, their names

Optimists Announce February Programs

The Optimist Club of Perdido Bay members are looking forward to the month of February featuring fun, fellowship, interesting programs and "Bringing Out the Best in Kids."

This month's programs feature a presentation by Ann Rayburn, RN, Director of Education, Alabama Organ Center at South Baldwin Regional Medical Center on Saturday, Feb. 2. Her talk will be on organ donations and transplants.

On Saturday, Feb. 16, Optimist Bill Hall will give an overview of the History of Masonry. Hall has been a Mason for 47 years. He is a 3rd Degree Master Mason, 32nd Degree Scottish Rite Mason and currently serves as the Senior Warden at the Lillian Masonic Lodge.

The quarterly program in the Alabama Bicentennial Series will be held on Saturday, Feb. 16. Dr. Jack Dwyer, a Mayflower descendent,

vanishing into the unknown as they blended in with other peoples of the area. Never assume you know your entire genetic history.

Of course, love has to be mentioned in February. Perhaps the most written about subject in history and too often taken for granted or misunderstood. Some people think if you love someone, you own them. No you don't and jealousy is a heavy destructive burden to carry.

Some people think that that zingy special feeling you have when you first fall for someone represents love and when that feeling wears off, it means you don't love them anymore.

I imagine a lot of divorces evolve around that bit of hogwash. Or perhaps it is the fact that after a couple gets married, they start acting like themselves in front of each other instead of the false front. The fantasy ends.

There are many reasons why couples break up and sometimes it is the right thing to do, especially if it is an abusive relationship. Love needs to be nurtured. A good relationship means a lot of things, but it always includes compromise on both sides.

Ask anyone who has been married over 50 years and I'll bet they'll tell you to say "I love you" every single day, at least once. Never leave the house or go to bed angry, nothing is worth it.

It is a wonderful thing to love and be loved. Some individuals in this world do not know what that feels like. Sonnets from the Portuguese #43 by Elizabeth Barrett Browning is a favorite of mine. "How do I love thee? Let me count the ways...."

Couples who have been married for a long time should know a deep and understanding love. I ran across the following passage from a recent novel I read and it made perfect sense to me. Enjoy.

"There's a beauty, and there's a strength, you know, that grows only in a long walk together in the same direction." From "A Tangled Mercy" by Joy Jordon-Lake.

Until next month....



Optimist Club

By Sally McKinney

will present "Selma During the Civil War." Dr. Dwyer has written articles on the Mayflower, the American Revolution and the Civil War.

The club will end the month with the annual Essay Contest and will recognize the top three Elberta High School students who participated in the program.

The Optimist Club of Perdido Bay meets at 8 a.m. every Saturday in the Lillian Community Club. The day begins with a breakfast and the program begins after a short business meeting. Guests are always welcome and eat free.

Park Launches New Website

We have so much planned for 2019 it's hard to know where to start!

First we are thrilled to welcome back the Elberta High School Warriors baseball and softball teams. The full schedule can be found in the Lillian (page 20) and on the Lillian Recreational Park Facebook page.

Market in the Park will start up again in March and is the third Saturday of each month through November.

Since our first Flea Market was such a success last October, we decided to have one in the spring as well. So put March 16 on your calendars and look for details to come about what we have planned.

Music and Movies in the Park will begin in April and continue through October. This super fun family event will be scheduled the first Friday of each month.

The walking group has been unbelievable with their dedication through some pretty cold days.

We will meet in the conference room at 6 p.m. Feb. 4 to share our journeys. We will discuss interest in future additions such as dance, Tai Chi and yoga.

Our basketball/pickleball court



Lillian Recreational Park News

By Monica Leonard

is getting a facelift this spring. The court will get resurfaced as we continue to raise funds for dedicated pickleball courts.

Our volunteer gardeners have been freshening up the gardens and getting them ready to bloom again.

Attention in our kiddie park and dog run are in the planning stages. Seventeen acres of park takes time, money and volunteers.

We are excited and proud to announce our new website. Please go online and check it out at www.lillianrecreationalpark.org.

LILLIAN RECREATIONAL PARK PARK PARTNERS DONATION FORM

Yes, I'm ready to have some fun and want to become a Park Partner!

I'd like to learn how I can become involved with the park. Please contact me.

Enclosed is my tax-deductible contribution of \$ _____

Name _____

Address _____

City, State, Zip _____

Email _____ Phone _____

Mail to Lillian Recreational Park, P.O. Box 865, Lillian, AL 36549. You may also use your PayPal account. Visit our Facebook page to learn more about upcoming events and activities.

WI Sno-Bird Club Announces Schedule of Events

The WI Sno-bird Club met at the Orange Beach Event Center (OBEC) on Jan. 9 and the Gulf Shores High School JROTC opened the meeting with their presentation of the flags.

Tina Green, program supervisor with Baldwin County foster children, briefly explained the value of and thanked the group for the gift cards contributed for teen Christmas gifts. They average 180 children in foster care every year. Tony Kennon, Orange Beach mayor, fielded questions from the group about everything going on in the city.

Cards are played every Friday at the Gulf Shores American Legion Post 44 on Hwy. 59 from 8:30 a.m. to noon through March.

There are several opportunities for volunteer work and golf and other events for participation. Please contact Kenn at 251-967-2463 or wissnobirds@yahoo.com with questions, suggestions and RSVPs.

The schedule includes:

Wednesday, Feb. 6 - 8:30 a.m. meeting at OBEC

Saturday, Feb. 9 - 11 a.m. - Brat Fest at OBCC to benefit fire departments

Monday, Feb. 11 - 11:30 a.m. - Singles meet at Bill's by the Beach, Gulf Shores

Monday, Feb. 11 - Golf Fun Day, RSVP

Tuesday, Feb. 12 - 1 p.m. - Gulf Bowl, 8-pin Tap Tournament, RSVP

Wednesday, Feb. 13 - 10:30 a.m. with 11:30 a.m. picnic, RSVP

Saturday, Feb. 16 - 6 p.m. - Trivia night at OBEC, RSVP to benefit libraries

Monday, Feb. 18 - WI/MI/IN golf event, RSVP

Wednesday, Feb. 20 - 8:30 a.m. - meeting at OBEC

Thursday, Feb. 21 - 9 a.m. - Golf scramble benefit for Baldwin County Heritage Museum, RSVP

Friday, Feb. 22 - Low country boil benefits Gulf Coast Zoo, RSVP

Wednesday, March 6 - 8:30 a.m. - meeting at OBCC

Thursday, March 7 - 12:30 p.m. - Zoo fun day, RSVP

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Lillian Volunteer Fire Department

By Goretti Lysek

The Lillian Volunteer Fire Department responded to 73 calls dispatched by the 911 operators in December including 52 medical assistance, 10 public assists, 5 motor vehicle accidents, 1 brush fire, 2 structure fires and 3 fire alarms.

We are looking for caring Lillian residents to help us with non-emergency paperwork and calls as well as medical and fire assistance. If you give us the time, we will provide the training. Call 962-2696 and leave a message. We will return your call.

LVFD would like to thank Arielle Spivey of Lillian Family Dentistry for allowing us to use her building before it was demolished to perform firefighting drills. This type of training is crucial in helping us keep up our skills and performance. We truly appreciate her generosity and community spirit.

We are very pleased to announce that LVFD has partnered with

Baldwin County Solid Waste to bring a recycle trailer back to Lillian. The trailer is located at Lillian Volunteer Fire Station 2 at 11331 County Road 91. Refer to the article on Page 1 for details.

As mentioned last month, we will be hosting another open house since last year's was such a success. However, it will not be in February as previously mentioned. We are hoping to have the open house in either March or April. We will provide the date as soon as possible.



A Lillian Volunteer Fire Department firefighter extinguishes farm equipment.

Membership Registration Form 2018 - 2019

Please print

Name _____

911 Street Address _____

Mailing Address (if different from above) _____

Phone _____

Lillian Volunteer Fire Department ~ 11331 County Road 91 S, Lillian, AL 36549

The 2018-19 fundraising letters were mailed at the end of September. The addresses were provided by the Baldwin County Revenue Commissioner's Office. If you had a problem receiving your letter, call the fire station and leave a message. Your donation is tax-deductible. We are requesting a donation of \$75 per household or property unit and \$150 per business.

Girl Scouts Forming New Troop in Lillian

A new Girl Scout troop is forming in Lillian. Troop 8820 is open to grades K-12 and meetings will be held the second and fourth Mondays of the month at the Lillian Community Center.

For more information go to www.girlscoutssa.org or call 800-239-6636 and ask for Candace McNickles. Volunteers are welcome.

Make sure your house numbers are at least 3 inches tall and are reflective/visible at night. This helps emergency crews locate your home.



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February Kids Coloring Contest

See coloring contest winner at each store will receive an Apples for Students Bag filled with Hearts, Beads, Moon Pies & More!

Winners announced Saturday, February 23, 2016

Color the Weather!
Each Month, Too!

Lucy's Signature

PANKO PARMESAN CHICKEN

INGREDIENTS

- 2-4 boneless, skinless chicken breasts
- 1/2 cup flour
- 2 eggs
- kosher salt

BREADING

- 2 1/2 cup panko breadcrumbs, or original breadcrumbs

- YOUR WELL-BEING MATTERS TO US! CHOOSE HEALTHY!

- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon chipotle chili powder
- 1/4 teaspoon kosher salt

DIRECTIONS - Breading: stir panko breadcrumbs, parmesan cheese, garlic powder, dried oregano, chipotle chili powder, and kosher salt together in a bowl. Pour onto a plate or shallow dish. Flour flour onto a plate or shallow dish. Place eggs in a shallow bowl or dish. Whisk. Place 1 boneless skinless chicken breast in a gallon size plastic storage bag. Use a meat mallet, rolling pin or heavy skillet to pound out the meat evenly all the way across to make it a thin chicken breast, about 1/4 inch thick. Repeat with all chicken breasts. Sprinkle pankoed chicken breasts with a little kosher salt and black pepper. Coat chicken with flour on both sides. Then dip into the egg mixture. Coat on both sides with egg. Then dip into the panko parmesan mixture. Coat on both sides. Place breaded chicken breasts into a large skillet heated over medium high heat with 2 tbsp. olive oil and 1 tbsp. butter. Cook until lightly browned 1-2 minutes. Flip over and cook 1-2 minutes on other side. Transfer chicken breasts to a baking sheet or keep chicken in the same skillet you cooked it in. Bake at 350 degrees for 10-12 minutes until chicken is cooked through.

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