

## All-American Fried Chicken



**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

### Ingredients:

16 oz. boneless, skinless chicken breasts, butterflied and lightly pounded (4-4oz. pieces)

½ cup chopped pecans, divided (¼ cup finely ground and ¼ coarsely ground)

1 egg, beaten

4 egg whites, beaten

2 pinches black pepper, freshly ground, to taste

2 pinches salt, to taste (optional)

2 tbsp. safflower oil (oil for frying)

### Nutrition Facts

Makes 4 servings

Amount per serving:

<b>Calories</b>	338.1
<b>Total Carbs</b>	2.4 g
<b>Dietary Fiber</b>	1.4 g
<b>Sugars</b>	0.9 g
<b>Total Fat</b>	20.5 g
<b>Saturated Fat</b>	2.2 g
<b>Unsaturated Fat</b>	18.3 g
<b>Potassium</b>	472.7 mg
<b>Protein</b>	36.2 g
<b>Sodium</b>	155.9 mg

### Directions:

1. Season the chicken with salt (optional) and freshly ground black pepper. Combine the egg and egg whites in a bowl.
2. Dip the chicken into the finely chopped nuts and coat.
3. Next, dip the chicken into the beaten egg mixture and then into the coarsely ground nuts, coating evenly.
4. Fry the chicken on medium heat until golden brown, approximately 4 minutes per side.
5. When removing the chicken, handle with care, and place on a paper towel to drain excess oil.
6. Season with salt (optional) and pepper to taste, and serve.

### Additional Information

Filberts or blanched almonds can be substituted for the pecans.