Recipe For Health | JANUARY 2009 CHICKEN BRUSCHETTA

A great comfort food recipe!

Jill Yarbrough, MSU Dining Services Test Kitchen Manager Featured Food: Chicken

Yield: Serves 6

Ingredients

6 (4 oz. each) boneless, skinless chicken breasts, thawed¼ c. butter, melted¼ s. flour¼ t. black pepper2 eggs8 oz. fresh tomatoes, diced1 T. water2 t. olive oil4 c. dry bread crumbs1 t. minced garlic¾ c. grated parmesan cheese⅓ s. fresh basil, chopped

Preparation

Put flour in a bowl. In another bowl, whisk together eggs and water. In a third bowl, combine bread crumbs, parmesan cheese, butter and black pepper. Coat each chicken breast in flour, dip in eggs, and then coat on both sides with bread crumb mixture. Place on baking sheet. Bake in 350°F oven for 15 to 20 minutes or until thermometer inserted in thickest part of chicken reads 160°F.

Combine tomatoes, olive oil, garlic and basil. Before serving, top each chicken breast with tomato basil mixture.