
Crispy Chicken Schnitzel



Servings: 4

Here's a quick and easy recipe for a crowd-pleasing favorite. Longève Plain Breadless Crumbs in place of standard bread crumbs keeps the carbs low and the protein high, and yields a super-crunchy, golden brown crust. This recipe can also be made gluten-free, just be sure to choose a GF all-purpose flour blend. We love these served hot from the skillet with plenty of fresh lemons for squeezing!

2 pounds chicken breasts without skin
2 teaspoons salt
1 teaspoon pepper
3/4 cup flour, all-purpose
2 each eggs
1 tablespoon water
2 cups Longève Plain Breadless Crumbs
1/4 cup vegetable oil

Place chicken breast halves, two at a time, inside a gallon-sized zip-lock bag. Using a meat mallet, rolling pin, or the bottom of a heavy saucepan, carefully pound the chicken breasts to a uniform thickness of about 1/4". Remove chicken from bag and season with salt and pepper.

Place flour, eggs and breadless crumbs in three separate medium-sized bowls. Place one pounded chicken breast first in the flour, turning to coat on both sides. Shake off the excess flour and dip into the egg mixture. Coat evenly and allow excess to drip off of the chicken before placing in the bowl of breadless crumbs. Press chicken firmly into crumbs to coat evenly on both sides. Repeat process with the remaining chicken.

Add vegetable oil to a wide, heavy skillet to a depth of approximately 1 - 2". Heat oil over medium-high heat until it begins to shimmer. Carefully place two chicken breasts in the hot oil and fry for 2 - 3 minutes per side, or until golden brown all over. Remove chicken from oil and let drain on a wire rack set over a sheet pan. Repeat process for remaining chicken breasts.

-Serve hot or at room temperature with plenty of fresh lemon wedges for squeezing.

Per Serving (excluding unknown items): 588 Calories; 24g Fat (37.0% calories from fat); 70g Protein; 20g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 1479mg Sodium; trace Total Sugars; 1mcg Vitamin D; 51mg Calcium; 6mg Iron; 892mg Potassium; 559mg Phosphorus. Exchanges: .