

# Almond Crusted Chicken

## Ingredients

4 (6 oz each) boneless, skinless chicken breasts  
1/4 cup all-purpose flour  
6 Tbsp slivered almonds, chopped  
2 Tbsp grated Parmesan cheese  
1/2 cup egg substitute  
2 Tbsp fresh lemon juice  
4 tsp olive oil  
1 cup water  
4 Tsp chopped fresh parsley  
8 oz chicken broth

## Directions

1. Mix chopped almonds and Parmesan cheese together in a small, shallow bowl.
2. Dredge chicken breast in flour, dip in egg white, 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.

## Nutrition Information makes 4 servings

### Per Serving

Calories: 380  
Fat: 15g  
Saturated Fat: 2.5g  
Cholesterol: 6mg  
Sodium: 380mg  
Carbohydrate: 10g  
Fiber: 1.5g  
Protein: 48g



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