



juicy lime pecan chicken

This recipe is to cooking what “Smoke on the Water” is to my kids’ learning guitar. No matter your skill level, it’ll always turn out good. But the similarities don’t end there – both have 4 simple steps and both are confidence boosters that’ll have you showing off for company. Now that you’ve nailed this classic, it’s time to move onto some new creations.

SERVES: 6

ingredients

1/2 cup flour
1/2 tsp kosher salt
1/4 tsp freshly ground black pepper
6 tbsp Dijon mustard
1/4 cup melted margarine
2 limes, juiced
1 lime, zested
2 large eggs, lightly beaten
2 cups chopped pecans
2 cups breadcrumbs

6 boneless, skinless chicken breast halves

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directions

Note: Once coated, this chicken should be refrigerated for 2 hours or more. When you are ready to bake it, preheat the oven to 350°F.

1. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
2. In a medium bowl, combine flour, salt and pepper. In a large bowl, whisk Dijon mustard, margarine, lime juice, lime zest and eggs. On a large plate, combine pecans and breadcrumbs.
3. Working one chicken breast at a time, lightly coat chicken in flour (shake off excess), dip in mustard mixture and finally coat in the pecan mixture.
4. Place pecan-crusted chicken on prepared baking sheet and cover with wax paper. Chill in refrigerator for 2 hours or more. Bake for 30 minutes and serve with lime wedges.

*“What’s the matter, Colonel Sanders?
Chicken?”*

— MEL BROOKS IN ‘SPACEBALLS’



**julie albert
& lisa gnat**

