

Chicken Cutlets (Gluten Free) Recipe



PREP TIME:
20 MINUTES

COOK TIME:
25 MINUTES (325 DEGREE OVEN)

TOTAL TIME:
45 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 1 – 1 ½ lb. Organic Chicken Breast (**Optional:** brine chicken 20 minutes prior for extra tender/juicy)
- 1 Cup Gluten Free Panko Breadcrumbs (or GF Italian Seasoned)
- 3 TBSP Extra Virgin Olive Oil
- 1 TSP Salt
- Cracked Pepper to Taste
- 1 TSP Garlic Powder
- 1 TSP Onion Powder
- 1 TSP Italian Seasoning
- 2 Eggs +1/4 cup Water (or non-dairy milk)

Instructions:

1. Preheat oven to 325 degrees.
2. Add breadcrumbs, salt, pepper, garlic powder, onion powder and Italian seasoning to large plate.
3. In a flatter bowl, add eggs, water and pinch of salt. Scramble together.
4. Trim fat from chicken and cut into smaller pieces if desired.
5. Dunk chicken into egg mixture, soak both sides and then place into breadcrumb mixture.
6. Warm up iron frying pan adding the olive oil. Warm on medium to high heat so get a sizzle when placing chicken in pan. May need to add bit more oil but try not to overdo it.
7. Brown both sides of chicken until golden – about 3-4 minutes each side.
8. Place chicken on cookie sheet. Bake in oven 15 minutes. Internal temp of chicken should be 165.
9. Let sit on counter 5-10 minutes prior to serving.

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com