

Chicken Schnitzel

makes 4 servings

4 - 4 ounce breaded "fried" chicken breasts
4 cups fennel arugula and onion salad
4 ounces mustard vinaigrette

chicken preparation:

16 ounces chicken breast boneless skinless
1 cup breadcrumbs
4 teaspoons lowfat greek yogurt
1 teaspoon dijon mustard
1 teaspoon garlic powder
1 teaspoon onion powder
1 Tbsp baking powder
1/2 teaspoon salt
1/2 teaspoon pepper

Pound chicken w meat tenderizer until flattened. Mix together greek yogurt and dijon mustard in a bowl and add chicken. Allow to marinate for at least 4 hours up to overnight. In a separate bowl, mix remainder of ingredients and preheat pan to medium high, and oven to 350. Remove chicken from yogurt, scraping off any excess and then dredge chicken in breadcrumb mixture until fully coated. Add chicken breast to hot pan and brown the breadcrumb coating. (About 1 min per side.) Transfer chicken to a tray and bake for 10-15 mins.



per serving: 330 calories, 32g carbs, 8g fat, 32g protein, 4g fiber

Fennel Arugula & Onion Salad

makes 4 cups

8 ounces Arugula
1/2 yellow onion, thinly sliced
1/2 fennel, thinly sliced
1/4 bunch parsley
1/2 lemon, zested and juiced
1 teaspoon olive oil

Toss all ingredients together and let stand for 30 minutes

Mustard Vinaigrette

1/3 cup lemon vinaigrette
3 teaspoons dijon mustard
1 1/2 teaspoon whole mustard seed

Stir all ingredients together