

# **Baked Chicken Breast with Fresh Greens**

**Serves 4**

4 ½ chicken breasts, trimmed, flattened to ½ inch thick  
1 egg or ¼ cup egg substitute, beaten  
¼ cup Italian breadcrumbs  
Extra virgin Olive oil  
Kosher salt and freshly cracked pepper  
Fresh salad greens, rinsed  
Vinaigrette (recipe follows)

1. Place breadcrumbs onto a plate and set aside until ready to use.
2. Pre-heat a large sauté pan.
3. While pan is pre-heating, dip prepared chicken breast into egg then dredge in breadcrumbs.
4. When pan is hot, coat with just enough extra virgin olive oil to lightly coat the pan.
5. Sear chicken breast for about 2 minutes on each side. Place pan into a 400-degree oven for approximately 15 minutes or until internal temperature of the chicken breast reaches 160 degree's.
6. While chicken is baking, prepare salad vinaigrette.
7. When chicken breast is baked, removed from the oven and allow to rest for about 5 minutes.
8. Cut chicken on an angle and place on a plate. To the side of the chicken place a handful of greens. Lightly drizzle greens with freshly made vinaigrette. Finish off with freshly cracked pepper. Serve and Enjoy!

## **Vinaigrette**

½ cup extra virgin olive oil  
¼ cup rice wine vinegar  
1 tsp Dijon mustard  
1 tbsp Italian blend herbs  
1 tsp sugar  
1 garlic clove, minced  
Kosher salt and freshly cracked pepper

1. Place all ingredients into a medium size bowl and whisk together until emulsified.
2. Salt and pepper to taste.
3. Set aside until ready to use.

**Nutritional Analysis****Diabetic Exchanges**

# Nutrition Facts

Serving Size 1/4 of recipe (174g)

**Amount Per Serving****Calories** 419      **Calories from Fat** 258**% Daily Value\*****Total Fat** 29g      45%

Saturated Fat 4g      21%

Trans Fat 0g

**Cholesterol** 69mg      23%**Sodium** 701mg      29%**Total Carbohydrate** 8g      3%

Dietary Fiber 0g      1%

Sugars 1g

**Protein** 30g

Vitamin A 2% • Vitamin C 3%

Calcium 3% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.[NutritionData.com](http://NutritionData.com)

Fats: 6

Carbohydrates: 1

Protein: 5

**Note:** Analysis is for the entrée and side dish combined, using egg substitute.