

Pecan Crusted Chicken

Ingredient List

3 to 4 Boneless skinless chicken breasts (about 1 lb.)
 $\frac{3}{4}$ cup Italian style breadcrumbs
 $\frac{1}{2}$ cup chopped pecans
2 tablespoons of chopped fresh Italian (flat leaf) parsley.
6 oz. Ricotta cheese
3 tablespoons of olive oil or butter.

Preparation

1. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
2. In a shallow dish, mix breadcrumbs, pecans, and parsley. In another shallow dish, place Ricotta cheese. Dip chicken into Ricotta, then coat with crumb mixture.
3. In a 10-inch skillet, heat oil over medium heat until hot. Cook chicken in oil for 8 to 10 minutes, turning once, until chicken is no longer pink in center and coating is golden brown.