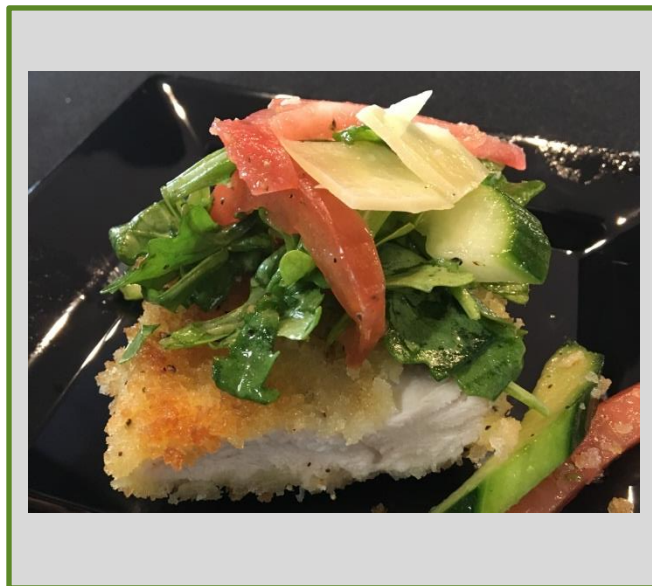


Makes: 4 servings (1 serving = 1 chicken breast)



Ingredients:

Chicken Breading--

- ♥ 4 (5 oz.) chicken breasts
- ♥ 2 (large) eggs
- ♥ 1 ¼ cup Panko bread crumbs
- ♥ 3 Tbsp. basil
- ♥ ½ tsp. salt (optional)
- ♥ ¾ tsp. pepper
- ♥ 1 ½ Tbsp. extra virgin olive oil

Chicken Milanese--

- ♥ 4 (5 oz.) chicken breasts (prepared)
- ♥ ½ cup lemon juice
- ♥ 2 Tbsp. + 2 tsp. vinegar
- ♥ 1 Tbsp. + 1 tsp. olive oil
- ♥ 8 cups arugula
- ♥ 3 cups tomatoes
- ♥ 2 cups cucumbers
- ♥ 2 Tbsp. parmesan cheese

PREPARATION:

1. Mix bread crumbs, basil, salt and pepper together. Beat eggs. Dip the chicken into the egg mixture and then into the bread crumb mixture, pressing crumbs into the chicken.
2. Heat 1 Tbsp. olive oil in a skillet over medium heat.
3. Add chicken and sauté until golden brown and cooked through.
4. In a bowl, mix vinegar, pepper, olive oil, and lemon juice; whisk together.
5. Add arugula, tomato, cucumber and basil and mix. Add the salad mixture on top of the chicken.
6. Garnish with parmesan cheese.

Nutrition Facts			
Serving Size: 1 chicken breast			
Servings: 4			
Amount Per Serving			
Calories	450	Calories from Fat	140
		% Daily Value*	
Total Fat	15g		23%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	220mg		74%
Sodium	180mg		8%
Total Carbohydrate	24g		8%
Dietary Fiber	3g		13%
Sugars	7g		
Protein	56g		
Vitamin A	45%	•	Vitamin C 45%
Calcium	15%	•	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.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

