



Featured Recipe: Pecan-Crusted Chicken - Day 2 by Laura McKay

Ingredients

- 2 Tbsp Peanut Oil
- 1/2 lb. Chicken cutlets
- 3/4 cup raw Pecan halves
- Pinch of Sea Salt, Pepper and Oregano

Directions

Place pecans in a food processor and grind up until nuts make a breadcrumb like appearance. Add in sea salt, pepper and oregano to taste. Grind for a few seconds to blend well.



Place chicken cutlets into pan and then flip over with a spatula so the oil is on both sides. This will help keep the pecans to stick to the chicken.

Sprinkle half of the pecans over the cutlets and flip. Repeat with remaining mixture. Cook until chicken is cooked through and nut crumbs have browned forming a “crust” on the chicken.

Bon Appétit!

- Pour oil into pan and place on stove on medium heat.
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The Valley's premier magazine show, Sonoran Living will feature The Allergy & Environmental Treatment Center's medical team on its program for three consecutive months beginning Thursday, October 6th and then on Friday, November 4th and Thursday, December 8th.