



## Chicken Milanesas

### **Makes 12 Milanesas**

2 cups white flour  
2 cups bread crumbs  
1 ½ tsp. garlic powder  
½ tsp. paprika  
½ tsp. cumin  
Salt & Pepper  
2 eggs – lightly beaten  
3 whole skinless, boneless chicken breasts – about 6 oz. each

Place the flour in a shallow pan. Add 1 tsp. garlic powder, the paprika and cumin. Add salt and pepper. Mix well and set aside.

Place the bread crumbs in another shallow pan and add ½ tsp. garlic powder. Add salt and pepper and mix well. Set aside.

Place the eggs in a bowl and beat lightly.

Cut each breast in half. Using a sharp knife, butterfly each half breast. Cut these in half as well.

Place the chicken on a board and pound with a meat mallet. If you would prefer, place the chicken between two pieces of plastic wrap. Pound the meat until thin but do not beat it to a pulp.

Place each individual piece the flour. Shake off the excess. Place each piece – one by one – into the eggs. Shake off the excess. Place each piece into the bread crumbs and coat well. Shake off the excess.

Place some oil in a skillet and heat well. Add the milanesas into the pan and allow browning on the bottom. Flip and finish cooking. The process should take about 7 to 8 minutes in total.

Place the cooked milanesas on a plate lined with paper towels. Serve and enjoy!

CALORIES 234.76; FAT 5.92 grs (sat 1.64; mono 2.37; poly 1.46); PROTEIN 14.59 grs; FIBER 1.56 grs; CARBS 29.48 grs; CHOLESTEROL 58.21 mg; IRON 2.44 mg; SODIUM 559 mg; CALCIUM 48.53 mg