



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Crispy Chicken

For a GLUTEN FREE version, use G.F. breadcrumbs

4 boneless, skinless chicken breasts
1 tsp dried thyme leaves
1 tsp dried minced chives
½ tsp dried basil leaves
½ cup dry breadcrumbs
¼ cup grated Parmesan cheese
½ tsp salt
1/8 tsp pepper
1 Tbsp olive oil
1 egg, beaten

Makes 4 servings

1. In a shallow pan, combine the herbs, breadcrumbs, grated cheese, salt and pepper. Drizzle the olive oil over this mixture, working it into the crumbs gently until the crumbs are coated.
2. Wash chicken breasts and place between two sheets of waxed paper. Using a meat mallet or rolling pin, lightly pound the breasts until they are about ½ inch thick.
3. Dip chicken breasts into beaten egg, then firmly press each coated breast into bread crumb mixture.
4. Cook the chicken breasts on two sided dual contact indoor grill for 4 to 6 minutes until thoroughly cooked and until juices run clear.
OR, place the chicken on a greased pan and bake in a pre-heated 400 degree F oven for 19 – 24 minutes until thoroughly cooked.
OR, cook the chicken in an ordinary skillet on the stove, over medium heat, for 10 – 12 minutes, turning once until thoroughly cooked and crisp.

Enjoy!