

Buttermilk Pecan Chicken

Ingredients:

6 (8-ounce) Skinless, boneless chicken breasts

1 ½ Cups Buttermilk

1 Cup Toasted Pecans

1 ½ Cups Panko, Japanese breadcrumbs

Cooking Spray

Directions:



Day 1

Place 6 (8-ounce) skinless, boneless chicken breasts between 2 sheets of heavy-duty plastic wrap; gently flatten each piece to 1/3-inch thickness using a meat mallet or heavy small skillet. Place chicken into a large bowl. Pour buttermilk over chicken.

Place 1 cup toasted pecans and 1 cup Panko (Japanese breadcrumbs) in a food processor; pulse until fine. Transfer mixture to a large rimmed dish.

Remove the marinated chicken breasts from buttermilk; shake off excess buttermilk.

Evenly coat chicken with breading mixture.

Place chicken onto a baking sheet coated with cooking spray; cover and refrigerate.

Day 2

Preheat oven to 375°. Bake 25–30 minutes or until crispy and golden. Season with salt and pepper; serve immediately.