

Balsamic Avocado Crusted Chicken

Nutrition Facts:	
Yield	2
Calories	295
Fat	2.5 g
Sodium	170 mg

Code
GF, Q



Ingredients Needed:

2-3 oz. chicken breast, pounded thin
½ avocado, sliced into 6 pieces
1-2 Tbsp. balsamic vinegar
2 Tbsp. walnuts, crushed
¼ cup ground flaxseed meal
Arugula leaves
2 egg whites
Non-stick cooking spray
Salt and pepper to taste

Recipe Directions:

- Mix walnuts and flaxseed together; spread on wax paper.
- Beat egg whites.
- Spray skillet with non-stick cooking spray; heat on medium.
- Salt and pepper chicken breast; dip in egg mixture, cover both sides with walnut/flaxseed mixture.
- Place in skillet; cook for about 10 minutes, until browned; flip and cook for 5-10 minutes.
- Remove from skillet and place on plate.
- Cover with arugula leaves and avocado; drizzle with balsamic vinegar.