

Herb-Crusted Chicken with Feta Sauce

Makes 4 servings

Nutrition Information Per Serving: (1 breast and 1 Tbsp. of sauce): 323 Calories, 39.3 g. Protein, 10.3 g. Carbohydrates, 1.6 g. Dietary Fibre, 13.3 g. Fat (3.4 g. sat, 6.7 g. mono, 2.8 g. poly), 98 mg. Cholesterol, 584 mg. Sodium, 51 g. Calcium

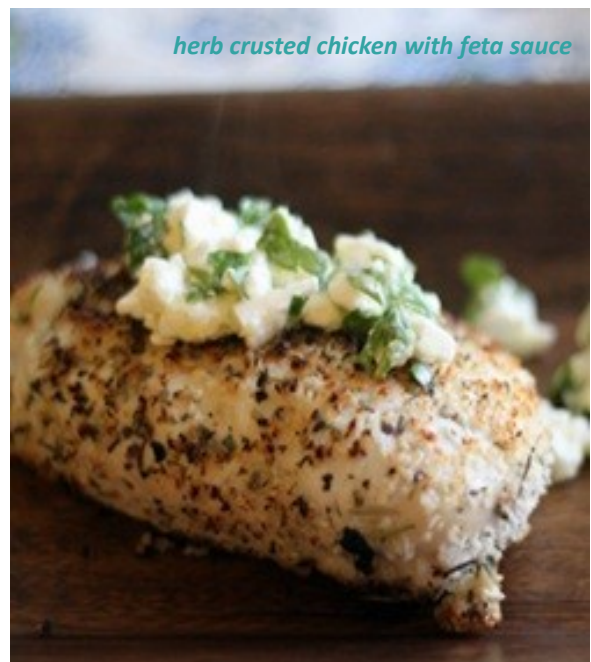
This dish is easy to make and perfect for any day of the week. The feta sauce is the star of the show. It is made with mint, lemon and feta cheese. The mint cut through the sourness of lemon and created a very balanced sauce. This tangy Greek sauce is a welcome addition to juicy breaded chicken breast. You can serve over a bed of orzo combined with chopped fresh basil for a well-rounded meal. Use leftover sauce as a dressing spooned over Romaine lettuce or tossed with fresh vegetables such as tomatoes and cucumbers.

Ingredients

- 2/3 cup of whole wheat panko (Japanese breadcrumbs)
- 2 Tbsp. of Italian seasoning
- 4 skinless, boneless chicken breast halves (6 oz. each)
- 1/2 tsp. of sea salt
- 1/4 tsp. of black pepper
- 3 tsp. of olive oil

For the sauce

- 1 lemon
- 1 Tbsp. of chopped fresh mint
- 3 tsp. of extra-virgin olive oil
- Dash of black pepper
- 1 (3 1/2 oz.) package of feta cheese



Preparation

- In a shallow bowl, combine panko and Italian seasoning.
- Sprinkle chicken with salt and pepper, dredge in panko mix.
- Heat oil in a large-sized non-stick skillet over medium-high heat.
- Add chicken, cook for about 5 minutes or until done.
- While chicken is cooking, to make the sauce, grate rind and squeeze from lemon to measure 1/2 tsp. and 2 Tbsp., respectively.
- In a small-sized bowl, combine rind, juice, mint, oil, and pepper, stirring with a whisk.
- Add cheese, stirring with a whisk.
- Place 1 chicken breast half on each of 4 plates, and spoon 1 1/2 Tbsp. of sauce over each serving.