



Lemon Pepper Breaded Chicken

Info:

Makes 4 Servings 155 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Chicken Breast (2 breasts)
- ❖ ¼ Cup Egg Beaters
- ❖ ½ Cup Breadcrumbs
- ❖ 1 tsp Lemon Pepper
- ❖ Cooking Spray

Preparation:



1. Preheat skillet over medium heat, pour egg beaters in a shallow bowl, and mix breadcrumbs with lemon pepper on a plate
2. Slice chicken breasts into 4 flat pieces, about ¼" thick
3. Lightly coat chicken slices with egg beaters
4. Cover both sides of chicken with breadcrumb/lemon pepper mixture
5. Cook in pan 5-6 minutes each side