



# crispy chicken schnitzel dinner

## VEGETABLES

Olive oil spray (I like my Misto or Bertolli)

$\frac{3}{4}$  pound baby red potatoes, quartered

1 pound green beans, trimmed and cut into thirds

2 tablespoons olive oil

2 teaspoons minced garlic

$\frac{1}{2}$  teaspoon kosher salt

Freshly ground black pepper

## CHICKEN

2 boneless, skinless chicken breasts (8 ounces each), halved horizontally to make a total of 4 cutlets

$\frac{1}{4}$  teaspoon kosher salt

Freshly ground black pepper

2 tablespoons all-purpose flour, wheat or gluten-free

1 large egg, beaten

$\frac{3}{4}$  cup seasoned panko bread crumbs, regular or gluten-free

Olive oil spray (I like my Misto or Bertolli)

$\frac{1}{2}$  lemon, plus 4 lemon wedges, for serving

1 tablespoon capers, drained

$\frac{1}{2}$  tablespoon chopped fresh parsley

PER SERVING	<b>1 chicken cutlet + 1 cup vegetables</b>
CALORIES	<b>363</b>
FAT	<b>11.5 g</b>
SATURATED FAT	<b>2 g</b>
CHOLESTEROL	<b>119 mg</b>
CARBOHYDRATE	<b>35 g</b>
FIBER	<b>6 g</b>
PROTEIN	<b>31 g</b>
SUGARS	<b>4 g</b>
SODIUM	<b>607 mg</b>

For the vegetables: Preheat the oven to 425°F. Lightly spray an 18 x 13-inch large rimmed sheet pan with oil.

On the prepared pan, toss together the potatoes, green beans, olive oil, garlic, salt, and pepper to taste. Spread the vegetables out in a single layer. Bake until partially cooked, about 20 minutes.

Meanwhile, for the chicken: Season the chicken with the salt and pepper to taste. Put the flour in a shallow plate and put the egg in a medium bowl. Put the panko in another shallow plate. Dredge each chicken cutlet lightly in the flour, then dip in the egg, shaking off the excess. Dredge in the panko, lightly pressing to evenly coat. Set aside on a plate.

Remove the pan of vegetables from the oven, stir them together, then push to one side. Place the chicken on the other side of the pan and spray the tops with oil. Return to the oven and bake until the chicken is golden and the potatoes are cooked through, about 15 minutes. Switch the oven to broil and broil until the top of the chicken is browned slightly, 1 to 2 minutes. Remove the pan from the oven and squeeze the lemon half over the vegetables.

Top the chicken with the capers and parsley, and serve with the lemon wedges on the side.