

Lemon Ginger Chicken Breasts

The ginger and lemon flavors go very well together in this chicken dish..

350°F

10-inch frying pan (oven safe, including the handle)

Serves 6

1 tbsp	unsalted butter
6	boneless, skinless chicken breasts (about 2 lbs)
1 large	egg
2/3 cup	bread crumbs
1/3 cup	all-purpose flour
1-1/2 tsp	salt
1 tsp	fresh lemon zest
1 tsp	ground ginger

1. On medium heat, place the butter in a frying pan to melt. In a shallow dish, whisk the egg and dip the chicken breasts in it.
2. In another shallow dish, blend the bread crumbs, flour, salt, lemon zest and ground ginger. Dredge the chicken that has been coated with the egg into the dry mixture. Fry four to five minutes on each side. Place into the preheated oven, until the chicken is no longer pink inside.
3. Serve with rice and fresh steamed vegetables.