



PARSLEY SESAME CHICKEN BREASTS

- 1 Egg
- 1 Tablespoon Milk
- 1/2 Cup Fine Dry Bread Crumbs
- 1/4 Cup Sesame Seeds
- 1 Tablespoons Chopped Parsley
- 1 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 2 Chicken Breasts
- 2 Tablespoons Oil
- 2 Tablespoons Butter
- Lemon Wedges

DIRECTIONS

1. Whisk egg and milk in a small bowl until well blended.
2. Combine bread crumbs, sesame seeds, parsley, salt and pepper on a piece of waxed paper.
3. Dip each chicken breast into beaten egg mixture, letting excess drain back into the bowl.
4. Then dip each breast in bread crumb mixture, patting to make sure crumbs adhere.
5. Place in the refrigerator for 10 minutes.
6. Heat oil and butter in a large skillet over medium heat.
7. Brown chicken 2 minutes per side.
8. Lower heat and continue to cook, 5 minutes per side.
9. Garnish with lemon wedges.