

## **Recipe for Pretzel Crusted Chicken Breast**

You can play with the recipe by adding some pepper flakes or other herbs to the crushed pretzels. Make sure you do not overcook the chicken. Check for an internal temperature of 165°F. For the pretzels, I used Thin & Crunchy Pretzel Slims from Trader Joe's. But any miniature pretzel will do.

2 cups miniature pretzel twists or pretzel slims  
1 egg  
2 8-ounces boneless chicken breasts  
Canola oil for frying  
Salt and pepper for seasoning

Place the pretzels in a ziplock bag and crush them with a rolling pin or put them in a food processor. I did mine in the food processor. Transfer the crumbs to a flat dish, add some freshly ground pepper and some hot pepper flakes if you want some heat. Beat the eggs in a separate flat dish.

Cut the chicken breast in half horizontally to make four thin cutlets. Pound them with a meat tenderizer to flatten them evenly. Season with salt and pepper. Working with one cutlet at a time, dip it into egg and let excess drip off. Put the cutlet onto the plate with the pretzel crumbs, pressing down gently.

Heat the oil in a frying pan over medium heat. Add the cutlets and cook for about four minutes. Flip the cutlets over and cook until the thermometer inserted in the thickest part registers 165 °F, about another three minutes. Transfer the cutlets onto towel-lined plate.

Slice your cutlets and add them to your favorite salad or make a chicken burger. I enjoyed eating them cold as a snack.

*Guten Appetit!*

Recipe from Real Simple Magazine  
Adapted by the Sunnycovechef.com