



## Crunchy Lemon Herbed Chicken

Lemon, oregano, basil, and thyme make this chicken dish irresistible. Panko bread crumbs add crunch.

Serves 4 (1 serving = 3 oz portion)



### Ingredients

- 6 (2 oz each) chicken tenders
- 4 tablespoons unsalted butter, chilled
- ½ cup panko bread crumbs
- ¼ cup of lemon juice, plus zest of 1 lemon
- 1 egg yolk
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh thyme, chopped
- 3 tablespoons water (1 tablespoon for the egg wash, 2 tablespoons for finishing the sauce)

### Nutrition Per Serving

|               |         |
|---------------|---------|
| Calories      | 277 cal |
| Total Fat     | 16 g    |
| Saturated Fat | 8 g     |
| Trans Fat     | 0 g     |
| Cholesterol   | 139 mg  |
| Sodium        | 141 mg  |

|               |        |
|---------------|--------|
| Carbohydrates | 12 g   |
| Protein       | 22 g   |
| Phosphorus    | 226 mg |
| Potassium     | 347 mg |
| Dietary Fiber | 0.9 g  |
| Calcium       | 50 mg  |

### Directions

1. Preheat 2 tablespoons of butter on medium-low heat.
2. Add zest of 1 lemon and half the herbs to bread crumbs, save the rest for lemon sauce.
3. Beat egg yolk with 1 tablespoon water.
4. Place chicken tenders between 2 pieces of plastic wrap and beat with small groove side of mallet until thin, but not ripped.
5. Dip chicken in egg wash mixture, then in herbed bread crumb mixture until coated. Set them aside.
6. Preheat 2 tablespoons of butter on medium heat.
7. Place breaded chicken in sauté pan.
8. Cook chicken, approximately 2–3 minutes each side.
9. Remove chicken and place on baking sheet to rest. In same pan, add remaining herbs and lemon juice, then heat until simmering.
10. Turn off heat; add remaining 2 tablespoons of butter to the sauce, stir vigorously.
11. Slice the chicken.
12. Place sliced chicken on a plate, pour the sauce over the top and add garnishes.

**TIP:** Use diced red bell peppers, lemon slices, parsley, or finely diced shallots and scallions to add color and garnish to your final dish.

*Recipe provided by Fresenius Kidney Care.*

