Today I’m sharing one of my family’s very favorite recipes. It’s a family staple that traces all the way back to Argentina where my Grandmother made it for my Dad. In Argentina it’s known as Milanesa de Pollo but here in American it’s better known as Chicken Milanese.

There are SO many reasons that my family and I love this dish so much. It’s ridiculously versatile, it looks impressive while being super easy to make, it’s healthy, absolutely delicious and the possibilities are endless when it comes to leftovers! Which is why when I make my Chicken Milanese, I make a lot!!

Harris and Ellis eat the leftovers as snacks throughout the day and night, I chop it up and place it on top of my salads for lunch during the week and I also use the leftovers to make sandwiches for Jonathan to take to work (he always gets a packed lunch, every single day and this is one he really loves)!

You can even turn these leftovers into another really fast weeknight dinner—easy chicken parm is another big hit with my family and using these leftovers to create another dish makes me happy too! I’ll share that recipe with you soon!

My Chicken Milanese is made with very simple ingredients. The chicken can be free range or organic and you can even substitute traditional bread crumbs for gluten free for those who may be sensitive to gluten.  I always use olive oil when cooking and I always tell my clients not to worry about using too much - a teaspoon or two while cooking each breast will not harm you - it will only nourish your body!!

When it comes to the chicken, the thinner the chicken breast is, the faster and easier it will be to cook. Sometimes I pound down my chicken breasts if I have the time (you can even buy thin sliced chicken breasts in most stores today) but you don’t need to have very thin breasts. However you like it, works fine.

Lastly, I like to use spelt flour for a drop of added fiber (you will see in the ingredients below), and I like to serve with lots of lemon slices on the side! Lemon is critical! It’s adds tons of flavor to this dish without added salt.

I hope you’ll love this dish as much as my family does. And if you’re feeling adventurous, try making it as my grandmother made it on special occasions in Argentina…with a sunny side up fried egg on top! Delicious! Bon Appetit! Xx Janine

Janine’s Juicy, Crispy Chicken Milanese

Ingredients:

2 1/2 - 3 Lbs. Chicken breasts - thin (if that’s what you prefer), organic or free range when possible

3 large Organic eggs - scrabbled in a large flat bowl

1 Cup spelt flour - in a large flat bowl

1 Cup Flavored bread crumbs or Panko crumbs - in a large flat bowl

Optional add, 1 teaspoon dried oregano and 1 teaspoon 21 Seasoning Salute (Trader Joes)  to the bread crumbs

Instructions:

1: Set out the bread crumbs, the flour and the eggs in large flat bowls - all separately.

2: With a fork, place a chicken breast in the spelt flour, make sure the breast is completely covered, then gently shake off any extra.

3: Dip the spelt covered chicken breast into the egg mixture (beat eggs well) and make sure the breast is completely covered in egg wash.

4: Gently shake off any excess egg wash and then dip chicken breast into the bread crumb mixture or panko crumb mixture.  Make sure crumbs cover the breast fully.

5: In a large frying pan - add 2 teaspoons of olive oil and put the heat on medium this way the breast will not burn.  For about 2 minutes to warm up.

6: Add 2 breasts to the pan and fry for 3-4 minutes, FLIP over and cook for another 3-4 minutes (depending on how thick your breast is).  If it needs to cook longer you can always put it in the oven later on.

7: When done, place breasts on a large baking tray covered in parchment paper.  Let it sit while you fry up the remaining breasts.

8: Repeat for the next 2 chicken breasts and add 2 teaspoons olive oil.  Repeat the above until all breasts are cooked. Put breasts in the oven for an extra 15-20 minutes if you think they need to be cooked more.

8: Cut cherry tomatoes in half and sprinkle with olive oil and balsamic vinegar.  Do the same for Arugula - toss well.

9: Place chicken breast on a plate and put the arugula and tomatoes on top. Serve with fresh slices of lemons on the side. The more the better!!