

Quick Steps

Parmesan Chicken Salad



Prep Time	Cook Time	Total Time
20 mins	25 mins	45 mins

Servings: 6

Ingredients

- 3 Eggs
- 1/4 Cup Milk
- 1 Cup Flour
- 1 Cup Seasoned Bread Crumbs
- 1/3 Cup Parmesan, grated plus more for topping
- 1 tsp Salt
- 1/2 tsp Pepper
- 6 Chicken Breast Filets, thinly sliced
- 1/2 Cup Olive Oil
- 2 Tbsp Lemon Juice
- 1 tsp Dijon mustard
- Spring Mix

Instructions

1. Set up breading stations.
2. Flour Station - Mix flour with salt and pepper
3. Egg Station - Eggs and milk
4. Breading - Bread crumbs and parmesan
5. Bread chicken then cook in skillet with olive oil over medium heat
6. Lemon Dijon dressing - Mix 6 Tbsp of Olive oil, 2 Tbsp of Lemon Juice and 1 tsp of Dijon mustard.
7. Serve over spring mix with dressing