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*If Veterans don't help Veterans, who will?*

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## ***Pecan-Crusted Chicken***

- 4 Pieces chicken, breast, boneless, skinless, (1-1 1/4 pounds), trimmed
- 1/2 Cup nuts, pecans, halves, or pieces
- 1/4 Cup bread crumbs, fine, dry
- 1 1/2 Tsp orange peel (zest), grated
- 1/2 Tsp salt
- 1/4 Tsp pepper, chipotle chile, ground
- 1 Large egg, whites only
- 2 Tbsp water
- 1 Tbsp canola oil, divided

- 1) Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even 1/4-inch thickness.
- 2) Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg-white mixture, then dredge both sides in the pecan mixture.
- 3) Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm.
- 4) Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken, adjusting the heat as needed to prevent scorching. Serve immediately.

Makes 4 Servings

