

PECAN-ENCRUSTED ~~CHICKEN~~ BREASTS
CHICKEN

½ cup milk

½ cup all purpose flour

1 teaspoon salt

1 teaspoon black pepper

4 boneless skinless chicken breast halves

**¾ cups finely ground pecans for breading and
and coarsely ground for decoration**

**¼ cup Panola 100% Virgin Pecan Oil with a pat of butter
added to the oil for flavor**

**Pour milk into a shallow bowl. In another shallow bowl,
combine the flour, salt and pepper. Dip chicken in milk,
then dredge in flour mixture; dip again in milk, then
coat with ground pecans until well covered. In a large
skillet heat butter flavored pecan oil. Cook chicken over
medium heat for 5-6 minutes on each side until juices
run clear.**