

## LiveBetter with MedWatch

### Cornmeal Crusted Chicken

#### Ingredients

- 6 chicken breast halves (about 2 pounds, total), boneless and skinless
- 1 ¼ pounds Roma tomatoes, cored and chopped
- 1 cup ( about 1 ½ ounces) arugula, finely slivered
- 3 Tbsp. capers
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 large egg
- ¾ cup yellow cornmeal
- ¼ cup grated Parmesan cheese
- ½ tsp. pepper
- ¼ tsp. cayenne pepper
- salt

#### Preparation

1. Place 1 chicken breast half between 2 sheets of waxed paper or plastic wrap on a sturdy cutting board.
2. With a heavy mallet, pound chicken until it is ¼ to 1/3 inch thick. Repeat with remaining chicken.
3. Combine tomatoes, arugula, capers, lemon juice and oil.
4. In a bowl, beat egg with 1 tablespoon water to blend.
5. In another bowl, stir cornmeal, cheese, pepper and cayenne pepper to blend.
6. Dip each breast half in egg mixture turning to coat both sides; then in cornmeal mixture, turning to cover completely.
7. Place chicken on a well-oiled barbecue grill over a solid bed of medium coals or a gas grill on medium heat (you can hold your hand at grill level only 4 to 5 seconds). Close lid on gas grill.
8. Cook chicken until undersides are browned, about 5 minutes.
9. With a spatula, turn chicken over and cook until other sides are browned and meat is no longer pink in center of thickest part (cut to test), 5 to 6 minutes longer.
10. Arrange chicken on a platter or individual plates.
11. Spoon tomato mixture over chicken and add salt to taste.

Makes 6 servings.



#### Nutrition Analysis

Per serving: 300 calories, 40 g protein, 6.5 g fat (1.7 g saturated fat), 20% (59 cal.), from fat, 19 g carbohydrate; 373 mg sodium; 126 mg cholesterol; 2.2 g fiber



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