



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 1½ Cups Panko Breadcrumbs
- 1 Cup Buttermilk Biscuit Mix
- ½ Cup Low-Fat, Plain Greek Yogurt
- 2 Scallions
- 1 Carrot
- 1 Pound Napa Cabbage

Knick Knacks

- 2 Tablespoons Honey
- 2 Tablespoons Sugar
- 1 Tablespoon Apple Cider Vinegar
- 1/4 Cup Mayonnaise
- 2 Teaspoons Fried Chicken Spice Blend (Smoked Sweet Paprika & Garlic Powder)

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



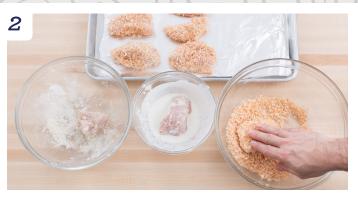
Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and grate the carrot. Remove and discard the cabbage core; thinly slice the leaves. In a large bowl, combine the **white bottoms of the scallions**, **carrot** and **cabbage**; season with salt and pepper. In a medium bowl, whisk together the **yogurt** and ¼ **cup of water** until smooth. Cut each chicken breast into thirds; season with salt and pepper. Place the seasoned chicken in a second large bowl with ¼ **cup of the biscuit mix**; toss to thoroughly coat.



Bake the chicken:

Bake the **breaded chicken** for 14 to 16 minutes, or until golden brown and cooked through. Transfer to a serving dish and set aside in a warm place.



Bread the chicken:

Line a sheet pan with aluminum foil (or lightly oil). Season the **yogurt-water mixture** with salt and pepper. In a large bowl (or large, shallow dish), combine the **breadcrumbs** and **spice blend**; season with salt and pepper. Working 1 at a time, dip the pieces of **coated chicken** in the yogurt-water mixture (letting the excess drip off), then thoroughly coat in the breadcrumb-spice blend mixture (shaking off any excess). Place on the prepared sheet pan.



Make the biscuits:

While the chicken bakes, in a medium bowl, combine the **remaining biscuit mix** and ½ **cup of cold water**; stir until just combined. Lightly oil a sheet pan. Divide the **biscuit dough** into 4 equal-sized portions. Using slightly damp hands, form the portions into rounds. Place on the prepared sheet pan. Bake 10 to 12 minutes, or until golden brown. Transfer to a serving dish.



Make the dressing:

While the biscuits bake, in a small bowl, combine the **mayonnaise**, **sugar** and **vinegar**; whisk until thoroughly combined. Season with salt and pepper to taste.



Make the coleslaw & serve your dish:

Add the **dressing** to the bowl of the white bottoms of the scallions, carrot and cabbage. Toss to coat; season with salt and pepper to taste. Transfer to a serving dish. Garnish the **baked chicken** and **coleslaw** with the **green tops of the scallions**. Serve with the **biscuits** and **honey** on the side. Enjoy!