



# Ingredients

- 4 Boneless, Skinless Chicken Cutlets
- 11/4 Cups Panko Breadcrumbs
- 1/2 Cup Plain Greek Yogurt
- 1 Cucumber
- 1 Head Red Leaf Lettuce
- 1 Lemon
- 1 Tomato

# **Knick Knacks**

- 3 Tablespoons Dijon Mustard
- 2 Tablespoons Honey
- 1/4 Cup Chicken Tender Spice Blend

(All-Purpose Flour, Italian Seasoning, Garlic Powder & Smoked Sweet Paprika)

**Makes 4 Servings** 

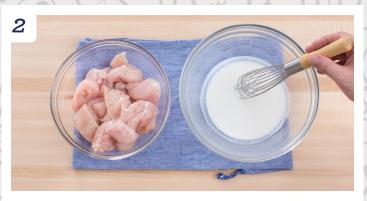
**About 585 Calories Per Serving** 

Prep Time: 10 min | Cook Time: 25 to 35 min



### Prepare the ingredients:

Wash and dry the fresh produce. Quarter and deseed the lemon. Cut off and discard the root end of the lettuce. Roughly chop the lettuce leaves; place in a large bowl. Core and medium dice the tomato. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Medium dice the cucumber. In a small bowl, whisk together the **honey** and **mustard**.



## Prepare the chicken & make the yogurt mixture:

Pat the **chicken cutlets** dry with paper towels. Cut each cutlet lengthwise into about four 1-inch-wide strips; season with salt and pepper. Set aside. Thoroughly wash your hands, knife and cutting board after handling the chicken. In a large bowl, whisk together **half the yogurt** and 1/4 **cup of water**; season with salt and pepper to taste.



### Bread the chicken:

Place the **spice blend** and **breadcrumbs** in 2 separate large bowls; season each with salt and pepper. Working 1 strip at a time, thoroughly coat the **seasoned chicken** with the spice blend (shaking off any excess), then the **yogurt mixture** (letting the excess drip off), then the breadcrumbs (pressing to adhere). Place the breaded chicken on a sheet pan or plate.



#### Cook the chicken:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, working in batches, add the **breaded chicken**. Cook 3 to 5 minutes per side, or until the breadcrumbs are browned and crispy and the chicken is cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.



#### Make the salad dressing:

While the chicken cooks, in a small bowl, combine the **remaining yogurt** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste. Add **a drizzle of olive oil** and whisk until well combined.



## Make the salad & serve your dish:

Just before serving, to the bowl of **lettuce**, add the **tomato** and **cucumber**; season with salt and pepper. Add as much of the **salad dressing** as you'd like (you may have extra). Toss to coat; season with salt and pepper to taste. Divide the **cooked chicken** and **salad** between 4 plates. Serve with the **honey mustard** on the side. Enjoy!