

Parmesan-Crusted Chicken

with Kale Caesar Salad & Toasted Hazelnuts

We're updating the classic Caesar salad two ways. Instead of romaine lettuce, we're using lacinato kale, a hearty, healthful and delicious Tuscan variety. To complement the crunchy chicken and creamy dressing, we're also pickling celeriac (the large, edible root of a plant in the celery family) with honey and white wine vinegar. Pickling adds a kick to its earthy, fresh flavor, making it a zesty addition to this fine dining standard.



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 1 Cup Low-Fat Milk
- 1 Bunch Lacinato Kale
- ½ Pound Celeriac Root
- 1 Clove Garlic
- 1 Lemon

Knick Knacks

- 3 Tablespoons Hazelnuts
- 1 Tablespoon Honey
- 1 Tablespoon White Wine Vinegar
- ½ Cup Grated Parmesan Cheese
- ½ Cup Panko Breadcrumbs
- ¼ Cup All-Purpose Flour
- ¼ Cup Mayonnaise

Makes 2 Servings

About 700 Calories Per Serving



1



Prepare the ingredients

Preheat the oven to 375°F. Wash and dry the fresh produce. Cut out and discard the kale stems; slice the leaves into ribbons. Peel and cut the celeriac into matchsticks. Place the celeriac in a bowl with the **white wine vinegar** and **honey**. Toss to combine. Peel and mince the garlic; smash with the flat side of your knife until it resembles a paste. Quarter the lemon and remove the seeds.

2



Pound & bread the chicken:

Cover each **chicken breast** with a sheet of plastic wrap (or place in a plastic bag). Using a flat mallet or heavy skillet, pound the chicken to about a 1/2-inch thickness. Place the **milk**, **flour** and **panko breadcrumbs** into 3 separate dishes. Add **half the Parmesan cheese** to the panko and mix well. Working one at a time, completely cover each chicken breast with a layer of flour (shaking off the excess), then milk (letting the excess drip off), then panko-Parmesan mixture. Transfer the breaded breasts to a plate.

3



Cook the chicken:

In a large pan, heat a thin layer of oil on medium-high until hot. When the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken**. Cook 2 to 4 minutes per side, or until golden brown and cooked through. Transfer the cooked chicken to a paper towel-lined plate. Season immediately with salt and pepper.

4



Toast the hazelnuts:

Place the **hazelnuts** on a sheet pan and toast in the oven 3 to 5 minutes, or until lightly browned and fragrant. Place the **toasted hazelnuts** in a clean kitchen towel. Fold the towel over the nuts and vigorously rub with the towel to remove the skins. Discard the skins and roughly chop the hazelnuts.

5



Make the dressing:

In a small bowl, combine the **mayonnaise**, **garlic paste**, the **juice of all 4 lemon wedges** and **half the remaining Parmesan cheese**. Slowly whisk in about **1 tablespoon of olive oil** until well combined; season with salt and pepper to taste.

6



Make the salad & plate your dish:

When cool enough to handle, chop the chicken into bite-sized pieces. In a large bowl, combine the **chopped chicken**, **kale**, **remaining Parmesan cheese**, **pickled celeriac** and **toasted hazelnuts**. Add enough of the **dressing** to coat the salad (you may have extra dressing); gently toss to mix and season with salt and pepper to taste. Divide the salad between 2 dishes. Enjoy!