

PISTACHIO-CRUSTED CHICKEN WITH WARM BARLEY SALAD

Ingredients

- Olive oil or canola oil cooking spray
- 2 cups water plus 1 tablespoon, divided
- 1 cup quick barley
- 1 cup salted shelled pistachios, divided
- ½ cup whole-wheat panko breadcrumbs
- 1 teaspoon orange zest
- ½ teaspoon garlic powder
- 1 large egg white
- 2 (8 ounce) boneless, skinless chicken breasts, trimmed and cut in half crosswise
- ½ teaspoon salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 1 tablespoon white-wine vinegar
- 1 cup chopped fresh parsley



Directions

- **Step 1**
Preheat oven to 450 degrees F. Coat a wire rack with cooking spray and place on a foil-lined baking sheet.
- **Step 2**
Bring 2 cups water and barley to a boil in a small saucepan. Reduce heat, cover and simmer until tender, 10 to 12 minutes. Set aside.
- **Step 3**
Meanwhile, pulse ¾ cup pistachios, breadcrumbs, orange zest and garlic powder in a food processor until the pistachios are coarsely chopped. Transfer to a shallow dish. Whisk egg white and the remaining 1 tablespoon water in another shallow dish.
- **Step 4**
Place chicken between 2 pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even 1/2-inch thickness. Sprinkle the chicken with 1/4 teaspoon salt, coat with the egg mixture and dredge in the pistachio mixture, patting to adhere. Place on the prepared rack. Coat both sides of the chicken with cooking spray.
- **Step 5**
Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165 degrees F, about 15 minutes.
- **Step 6**
Heat oil in a large skillet over medium heat. Add tomatoes and vinegar. Cook until the tomatoes just start to collapse, about 1 minute. Remove from heat.
- **Step 7**
Drain the barley, if necessary, and stir into the tomatoes along with the remaining 1/4 cup pistachios, 1/4 teaspoon salt and parsley. Serve with the chicken.

Nutrition Facts

Serving Size: 1 Cutlet & 1 Cup Salad Each

Per Serving:

565 calories; protein 36.1g; carbohydrates 47.3g; dietary fiber 8.9g; sugars 3.8g; fat 27.3g; saturated fat 3.6g; cholesterol 62.7mg; vitamin a iu 1669.3IU; vitamin c 26.6mg; folate 47.5mcg; calcium 73.6mg; iron 3.4mg; magnesium 68.7mg; potassium 780.4mg; sodium 514mg.

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Exchanges:

2 1/2 Starch, 1/2 Veg, 3 1/2 Lean Meat, 4 1/2 Fat