



Women's
Heart Advantage
of Idaho

Shiitake Crusted Chicken

- 5 boneless, skinless chicken breasts (4 ounces each)
- 2 egg whites, beaten
- 1 cup bread crumbs
- 3 ounces ground dried shiitake mushrooms
- 1/2 teaspoon salt and pepper (or to taste)
- 1 1/2 tablespoons olive oil

Mix mushrooms, bread crumbs and seasoning. Dip chicken breasts into egg white and press into bread crumb and mushroom mixture. Grill until golden on each side (about 4 to 5 minutes). Bake in 350° degree oven until chicken breasts reach an internal temperature of 165. Serve with rice, potato, pasta, or vegetable.

Serves 5. Each serving has:

*236 calories, 6 g fat, 2.1 g saturated fat, 96 mg cholesterol,
311 mg sodium, and 5 g carbohydrate.*

