

Cooking Tip: Healthy Chicken Milanese



Use “Bob’s Red Mill” brand ground flaxseed meal to make delicious healthy chicken Milanese. Ask your butcher for Milanese style organic chicken breast (thinned out with a meat tenderizer). Pour about a half a cup of the flaxseed meal on a dinner plate. Place a piece of chicken in the meal and pat to cover one side, then turn over and coat the other side the same way. Place coated chicken on a cookie sheet. Repeat with each piece of chicken until all pieces are coated. Add more flax meal to the plate if needed. Sear the chicken in a sautee pan with olive oil. Make sure the oil is nice and hot. The flaxseed meal will stick to the moist chicken and when placed in a hot pan will cook quickly and seal in the juices of the chicken and get slightly crispy. Season with your favorite seasoning and serve with lemon wedges. For extra fiber you can sautee some artichokes, tomatoes and onions in the hot pan juices to top the chicken. Or, make a fresh tomato and arugula salad as pictured.