

Chicken Milanese with Arugula Salad

Chicken cutlets:

1 cup Italian breadcrumbs (gluten free)
2 tablespoons grated Pecorino Romano
salt and pepper
1/4 teaspoon paprika
4 thin boneless chicken breasts
1/2 cup rice milk
1 tablespoon olive oil

Salad:

1 bunch arugula
1/4 red onion, sliced thin
1 large tomato
4 ounces buffalo mozzarella (cubed) or sheep's milk feta cheese
1 teaspoon lemon juice
1/8 cup olive oil
1 tablespoon balsamic vinegar
salt and pepper

Preheat oven to 400 degrees.

Using a meat mallet or rolling pin, flatten chicken between sheets of plastic wrap to thickness of 1/4 to 3/8 inch.

Place chicken breasts in a baking dish and pour rice milk and a few teaspoons oil over top.

Mix the breadcrumbs, paprika, cheese, salt and pepper in a shallow dish. (Or, alternatively omit the cheese and sprinkle a small amount on the chicken breasts when you turn them over in the oven.)

Remove the chicken pieces one at a time from the milk mixture and place in the breadcrumbs. Coat each chicken breast with the breadcrumb mixture and place (in one layer) on a parchment lined baking pan. Drizzle lightly with more olive oil.

Bake for about 15-20 minutes until nicely browned turning once. (If you have a convection oven use the Convection Roast setting.)

Toss with the arugula, red onion and tomatoes with Lemon Balsamic Dressing. Pile the plate with the salad, place a chicken breast on top, add more salad and top with cheese.