

Pumpkin Seed Meal Crusted Chicken

Source: Adapted from: <https://www.cookforyourlife.org/recipes/pumpkin-seed-crusted-chicken/>

Ingredients:

- 1 cup pumpkin seed meal, coarsely ground
- 1 teaspoon salt
- 3 tablespoons freshly grated Parmesan
- 2 teaspoons fresh oregano, chopped
- ¼ teaspoon paprika
- ¼ cup garbanzo or preferred gluten-free flour
- 2 large eggs, lightly whisked
- 4 (4-ounce) thin-sliced chicken breasts
- 1 tablespoon avocado oil

Directions:

1. Place coarsely ground pumpkin meal with salt, Parmesan, oregano and paprika. Transfer to a plate.
2. Spread the flour onto a plate, and break the eggs into a shallow bowl. Beat with a fork.
3. Coat the chicken lightly with flour, and then dip into the eggs, allowing the excess to drip off. Then coat the chicken in the pumpkin seed mixture, pressing to adhere. Place the crusted chicken onto a plate. Repeat for all the chicken breasts.
4. Heat 1 tablespoon of avocado oil in a wide skillet over medium-high heat. Add the chicken, doing in batches if too crowded, cooking for 5 minutes on each side, or until fully cooked depending on the thickness of chicken.
5. Transfer the chicken to a plate and serve immediately.