Italian Crusted lemon Chicken

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Who doesn’t love an Italian flavored lemon chicken ?

This Italian crusted lemon chicken has the trifecta to make it one of my favorite chicken breast recipes, It’s easy, delicious and quick. And the best part ? it can be make ahead of time and fried when your ready to serve it, making it a prefect weeknight meal. And if your looking to impressive family and friends on what a great chef you are make this Italian crusted lemon chicken.

Tips for success when you make this Italian crusted lemon chicken

> The first tip when you make this Italian crusted lemon chicken use a canola and extra virgin olive oil blend.
>
> I find this oil blend best for the flavor the olive oil gives and the high burn temperature of the canola oil.

Second the oil has to be at the right temperature to produce a crispy crust and still be juicy on the inside.

Third I add flour to the bread crumbs instead of a separate flour dip for the chicken. One more tip after breading let your chicken rest in the refrigerator to chill, it helps the bread coating to stick to the chicken, bring to room temperature before frying.

Ingredients

- 4 chicken breast
- 2 cups Italian seasoned bread crumbs
- 1/3 cup flour
- 1 cup grated parmesan cheese
- 2 Tbls. chopped Italian parsley
- 2 eggs
- 1/2 cup e canola
- 1/2 cup olive oil
- 2 Tbls. butter
- 1 Tbls. minced garlic
- 1 cup white wine or chicken stock
- 1 cup heavy cream
- lemon juice and zest from 1 lemon
- Dijon mustard
- capers

Instructions

1. Pound the chicken breast thin in between 2 pieces of wax paper. Then salt and pepper
2. Mix together the bread crumbs, flour, grated parmesan and the Italian parsley
3. Beat the eggs slightly
4. Dip the chicken breast first in the egg then in the bread crumb mixture.
5. Heat together 1/2 cup canola and 1/2 cup olive oil to medium high.
6. Fry the chicken until golden brown on both sides about five minutes pre side. Remove and set aside.
7. Remove the oil in the same pan add the butter and garlic saute until the garlic is fragrant and just beginning to brown.
8. Deglaze the pan with the white wine or chicken stock and lemon juice

9. Add the cream and mustard simmer until sauce thickens about ten minutes
10. Pour the sauce over the chicken breast top with Italian parsley the and lemon slices. ENJOY!!!