



## Luscious Lemon Chicken

Serves 2 -4

### Ingredients -

4 boneless, skinless chicken breasts  
2 freshly squeezed lemons  
Zest from 2 lemons  
2 cups Italian bread crumbs  
(use Italian bread crumbs because they have a little  
parmesan cheese and parsley already in them)  
2 whole eggs, beaten with 2 tablespoons water  
1 cup of flour  
Extra-virgin olive oil  
Salt and freshly ground pepper



*earth's  
fruit  
comes  
full  
circle*

### Marinade Chicken -

Wash and pat dry to chicken breasts. Marinade chick in lemon juice for 15 to 20 minutes. Don't do any longer than suggested because you do not want to start the cooking process otherwise you will have dried out chicken.

### Make the Coating -

Season flour with salt and pepper (you can add other seasonings such a garlic powder). Spread bread crumbs on a plate. Beat eggs with a tablespoon of water for each egg in a bowl. Put lemon zest on a plate. Take the chicken out of the marinade but do not rinse the lemon juice off the chicken.

### Four Step Process (the order below is important) -

1. Dredge chicken in lemon zest
2. Carefully dredge chicken in flour; do not to knock off the lemon zest
3. Dip chicken in egg mixture carefully
4. Roll chicken in bread crumbs

### Sauté Chicken -

Over medium-low heat, put enough olive oil to cover the bottom of a heavy skillet (to approximately 1/8 of an inch). You don't want the chicken swimming in oil but more than just to cover the bottom. Carefully place the chicken using tongs into the skillet and cook over medium-low heat. Cook approximately 15 to 20 minutes per side depending on the size of the chicken breast. When done the crust should be crispy and chicken juices will run clear. Optional: Remove most of the oil out of the skillet and put a little butter in stirring up any of the "goodies" in the bottom of the skillet. Add the juice of one lemon and some parsley. Stir until sauce is well blended and pour over chicken.

### Wine Pairing Suggestion -

The lemon flavor of this chicken shines and the wine you choose should complement the freshness of the fruit flavor. A Chardonnay, Viognier or Sauvignon Blanc would be excellent choices. Look for a dry, crisp, and fruity white wine to pair with the chicken.

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