

Flax Seed Chicken

simple
healthy
delicious

Ingredients

- $\frac{3}{4}$ cups bread crumbs
- 6 tablespoons ground Nature's Earthly Choice™ Flax Seeds
- Salt and pepper
- 2 eggs, lightly beaten
- 2 $\frac{1}{2}$ pounds (1.3 kilos) chicken breast
- Lemon wedges, for serving

Serving for: 6



This baked flax seed chicken is super healthy and can be on the table in about 30 minutes. It's great warm or cold, with rice, potatoes, or on a salad. Use chicken tenders to make it kid friendly!

Directions

1. Preheat the oven to 350F.
2. Put the bread crumbs and Flax Seeds in a shallow bowl and stir to combine. Season with salt and pepper.
3. Dip each chicken breast in egg, then in the bread crumb mixture, coating thoroughly. Transfer to a baking sheet.
4. Bake for 10 minutes, then turn the chicken breasts.
5. Bake for another 10 minutes, or until cooked through.
6. Remove from the oven and serve with lemon wedges (also great cold).