



# Walnut-Crusted Chicken

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 25 minutes

Total Time: 40 minutes plus chill time 4 hours

## Ingredients

- 4 large boneless skinless chicken breasts
- 1/3 cup extra virgin olive oil, plus more for pan
- 1/4 cup dijon mustard
- 1/4 cup dry white wine (or chicken broth)
- 3 garlic cloves, minced
- 1 tsp dried thyme
- 1 & 1/2 cups very finely chopped walnuts
- 1 cup all-purpose or whole wheat flour
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- optional: chopped fresh parsley for serving

## Honey Mustard Glaze:

- 3 tbsp dijon mustard
- 1/3 cup honey

## Instructions

Place the chicken, olive oil, mustard, white wine, garlic, and dried thyme in a large zipped-top baggie container. Seal shut, give it a shake to combine, and refrigerate for at least 4 hours and up to 12 hours.

Combine the walnuts, flour, salt, and pepper together in a shallow dish such as a 9×9-inch baking pan or a pie dish. Remove the chicken, shake off a little excess marinade and dip both sides of the chicken in the walnut mixture. Coat it really well so there's lots of walnut coating on each.

Preheat oven to 425°F. Heat a couple tablespoons of olive oil in an oven-safe skillet over medium heat. Add the chicken and sear for 4 minutes, 2 minutes on each side. Transfer skillet to the oven and bake, covered loosely with aluminum foil, for 15-20 minutes or until the chicken is fully cooked through. (Chicken is considered done when an instant read thermometer reads the center of the thickest part as at least 165°F.)

Whisk the glaze ingredients together and serve with chicken. Garnish chicken with fresh parsley if desired.

### Chef's Notes:

**Make Ahead Instructions:** You can marinate the chicken for up to 12 hours in step 1.

**Walnuts:** The finer you chop the walnuts, the more likely they'll adhere and stick to the chicken. Feel free to replace the walnuts with very finely chopped pecans if desired.

**Skillet:** If you don't have an oven-safe skillet, simply use a regular frying pan and transfer seared chicken to a baking pan before the oven.

*Recipe from Sally's Baking Addiction*