

Peppery Pecan Chicken

Submitted by: Karen Davis, Oklahoma City, OK



4 Servings

- 4 **Pilgrim's Pride** boneless, skinless split chicken breasts
- 1/4 cup all-purpose flour
- 1/4 cup minced pecans
- 1 1/2 teaspoons Spice Islands® lemon pepper seasoning
- 1/2 teaspoon salt
- 3/4 cup honey
- 1/3 cup water
- 1 tablespoon chopped fresh rosemary leaves, or 1 1/2 teaspoons Spice Islands® dried rosemary
- 1 1/2 teaspoons Spice Islands® coarsely cracked black peppercorns
- 3 tablespoons vegetable oil
- Lemon slices and rosemary sprigs (optional garnish)

Rinse and pat dry chicken breasts; set aside. Combine flour, pecans, lemon pepper and salt in a shallow dish; set aside. Combine honey, water, rosemary and peppercorns in a small saucepan. Simmer, swirling the sauce in the pan occasionally, until reduced to 3/4 cup. Pour half of the sauce into a shallow dish to cool; set aside the remaining sauce in saucepan for later use.

Dip each chicken breast in cooled sauce in shallow dish, then dip in flour mixture to lightly coat all sides. Heat oil in a large skillet over medium heat; add chicken breasts, cooking until brown on both sides and done, about 10 minutes. Watch carefully to prevent burning.

Place chicken on warm serving platter. Reheat remaining sauce in saucepan, if necessary, and drizzle over chicken. Garnish with lemon slices and fresh rosemary if desired.

Delicious served with homemade baking powder biscuits. Chicken may be cooked in skillet just until desired brownness is reached, then finished in microwave oven until done.