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Pecan Crusted Chicken

3 egg whites
1 package seasoned coating mix
½ cup chopped Pecans
1/8 teaspoon Chinese five-spice powder
6 boneless skinless chicken breast halves

In a shallow bowl, lightly beat the egg whites. In another shallow bowl, combine the coating mix, pecans, and five-spice powder. Dip chicken into egg whites, then roll in coating mixture.

Place in greased 15" x 10" x 1" baking pan. Bake, uncovered, at 400 degrees for 25 minutes or until a meat thermometer reads 170 degrees.

Yield: 6 servings

Enjoy!