



CRISPY CHICKEN CUTLETS WITH EDAMAME SUCCOTASH

Serves 4

INGREDIENTS

Chicken Cutlets

- 1/2 cup all-purpose flour
- 3 large eggs
- 4 slices whole wheat sandwich bread, torn into 1-inch pieces
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more for seasoning chicken
- 1/2 teaspoon freshly ground pepper
- 4 boneless, skinless chicken breasts (5 to 6 ounces each)
- 1/2 cup olive oil, divided

Succotash

- 2 tablespoons olive oil
- 1/2 cup diced onion
- 1 (8-ounce) package frozen shelled Edazen™ Edamame
- 2 cups fresh-cut corn kernels (from 3 ears) or frozen corn, thawed
- 2 large ripe plum tomatoes, diced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons chopped fresh basil

INSTRUCTIONS

Preparing the Chicken Cutlets

1. Adjust an oven rack to the middle position and heat oven to 200 degrees. Place flour in a shallow dish. In another shallow dish, whisk eggs until thoroughly combined.
2. In a food processor, pulse the bread, garlic powder, cayenne, and 1/2 teaspoon salt, until it reaches a medium-fine crumb, 15 to 20 pulses. Transfer crumbs to a third shallow dish.
3. Using a meat pounder or rolling pin, pound the chicken breasts into 1/2-inch thickness. Season well with salt.
4. Dredge a chicken cutlet thoroughly in the flour, shaking off the excess. Dip both sides of floured cutlet in the egg mixture, allowing the excess to drip back into the



dish. Dip both sides of the cutlet in the bread crumb mixture, using your fingers to press the crumbs into the cutlet. Transfer to a clean plate and repeat with remaining three cutlets.

5. Heat $\frac{1}{4}$ cup oil in a large skillet over medium heat until shimmering, but not smoking. Place two of the breaded cutlets in the skillet and cook until golden brown, 6 to 8 minutes, flipping them halfway through cooking. Transfer cutlets to a baking sheet and place in the oven. Pour off oil from the skillet, and using tongs and a paper towel, wipe the skillet clean. Repeat with the remaining two cutlets, wiping the skillet clean when finished.

Preparing the Succotash

1. Add remaining 2 tablespoons of oil to the skillet and heat over medium-high heat until shimmering, but not smoking. Add the onion and cook until softened, 2 to 3 minutes. Add edamame and corn, and cook, stirring often, until corn is tender, 3 to 4 minutes.
2. Add tomatoes, salt, and pepper, and cook until heated through, about 1 minute. Off heat, stir in the basil. Serve succotash with the crispy chicken cutlets.