

Chicken with Flax and Bourbon

4	boneless, skinless chicken breasts (1.5 lbs./750 g)	4	
¼ cup	cornmeal or fine dry bread crumbs	50	mL
¼ cup	whole flaxseed	50	mL
2 tbsp.	all purpose flour	25	mL
1 tsp.	Creole or Cajun seasoning	5	mL
2 tbsp.	canola oil	25	mL
1 tbsp.	minced onion	15	mL
1 tbsp.	chopped fresh thyme and parsley	15	mL
1	clove garlic, minced	1	
	salt and pepper to taste		
¼ cup	bourbon or whiskey	50	mL
2 tsp.	brown sugar	10	mL
1/3 cup	chicken stock	75	mL
½ tsp.	cornstarch	2	mL

- Preheat oven to 350° F (180° C).
- In a bowl, combine cornmeal, flaxseed, flour and seasoning.
- Moisten chicken breasts with water.
- Coat all sides of chicken breasts with crumb mixture.
- In a 10 inch (25 cm) nonstick fry pan, heat oil over medium to medium-high heat.
- Sear chicken 2 minutes, 30 seconds on each side.
- Remove chicken from fry pan and finish baking in oven until done, about 25 minutes.
- In the fry pan, over medium-high heat sauté onions until soft, about 2 minutes. Add herbs, garlic, salt and pepper. Stir.
- Add bourbon, heat about 30 seconds.
- Add brown sugar and cornstarch. Stir and bring to a boil. Remove from heat.
- Plate chicken on serving plates. Spoon sauce over each breast.

Yield: 4 servings

Serving Size: 1 breast with 2 tbsp. (25 mL) sauce

Single Serving Nutrient Values

Calories	303.48	
Protein	30.33	g
Carbohydrate	13.70	g
Fiber	3.44	g
Fat	11.48	g
Saturated	2.49	g
Monounsaturated	4.99	g
Polyunsaturated	3.33	g
Cholesterol	68.50	mg
Folate	14.70	mcg
Potassium	405.99	mg
Sodium	275.55	mg

