

# Betty's Pecan-Crusted Oven-Broiled Chicken Breasts Recipe



Uploaded on 24 Jun 2009

In this video, Betty demonstrates how to make her Pecan-Crusted Oven-Broiled Chicken Breasts recipe to accompany her Southern dinner, including Brown Sugar-Topped Baked Sweet Potato, Country-Style Pressure Cooker Green Beans, Morning Coffee Blueberry Muffins, Perfect Pound Cake with Sugar Glaze Topping with Crispy, Sugary Nuts, and Triple Chocolate Frozen Ice Cream Pie (all in other videos).

## Ingredients:

- 4 pounds boneless, skinless chicken breast halves (about 8 to 10)
- 1/2 cup flour
- 1 well-beaten egg
- 1 cup buttermilk
- 1 cup finely-ground pecans
- 3/4 cup dry breadcrumbs
- 1 1/2 teaspoons salt
- 2 teaspoons paprika
- dash of ground black pepper
- cooking spray
- 1 stick butter or margarine, melted

Wash chicken pieces and trim off of all excess fat, gristle, etc. Set aside. Place 1/2 cup flour in a gallon-sized zip-lock plastic bag, and set aside. Combine buttermilk and egg in a small bowl, and set aside. Place 1 cup ground pecans, 3/4 cup dry breadcrumbs, 1 1/2 teaspoons salt, 2 teaspoons paprika, and a dash of ground black pepper in a separate gallon-sized zip-lock plastic bag, and set aside. Now, take each chicken breast, put it in the bag of flour, and shake it, until completely covered. Next, dip the floured chicken into the buttermilk/egg mixture, and let it drain on a large plate. Continue until all pieces of chicken are coated with flour, and the buttermilk mixture and are draining on the plate. Now, place each drained chicken breast, one at a time, into the seasoned pecan/breadcrumb mixture, and shake well to coat completely. Place each coated chicken breast on a broiler pan that has been sprayed with cooking oil. (I also cover my pan with aluminum foil for an easy clean-up, and I cut slits in the foil on top to let fat drip through to the bottom broiling pan.) After all pieces of coated chicken are on the broiler pan, drizzle 1 stick of melted margarine over the top. Place in a 350-degree oven for 30 to 40 minutes, or until done. The chicken breasts will be done when you cut into the center of them, and the meat is white. \*You must cook chicken completely for safety\*!!! This is a gorgeous, dramatic, and flavorful way to serve guests, and they will be very impressed!