

# Quick chicken

**double-dipped potato-chip chicken with quick slaw**

*pictured at right*

**Prep** 15 minutes

**Bake** about 15 minutes

**Makes** 4 main-dish servings

- 1¼ cups crushed potato chips
- 1 large egg
- 4 medium skinless, boneless chicken-breast halves (about 1¼ pounds)
- ¼ teaspoon plus ½ teaspoon ground black pepper
- 4 cups shredded cabbage mix for coleslaw (about half 16-ounce bag)
- 1 large carrot, shredded
- ¼ small red onion, thinly sliced
- ¼ cup cider vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ cup light mayonnaise
- 2 tablespoons barbecue sauce

1. Preheat oven to 450°F.
2. Place crushed chips on large plate. With fork, beat egg in pie plate or shallow dish. Dip 1 chicken-breast half in egg, then transfer to crumbs on plate. Press crumbs onto chicken so they adhere. Transfer chicken to ungreased cookie sheet.
3. Repeat with remaining chicken. Dip chicken again in any remaining crumbs on plate so that chicken is completely coated. Return chicken to cookie sheet. Sprinkle both sides of chicken with ¼ teaspoon pepper. Bake 15 minutes or just until chicken loses its pink color throughout.



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4. Meanwhile, in large bowl, toss cabbage mix with carrot, onion, vinegar, oil, sugar, salt, and remaining ½ teaspoon pepper until well combined. In small bowl, stir mayonnaise and barbecue sauce until blended.
5. To serve, spoon barbecue mayonnaise into 4 small cups. Place chicken, slaw, and cups on 4 dinner plates.

>> Each serving: About 460 calories, 38 g protein, 30 g carbohydrate, 21 g total fat (4 g saturated), 5 g fiber, 140 mg cholesterol, 755 mg sodium.