

## CHICKEN MILAN

*This tasty and easy recipe was shared by Suzanne Abrams.*

**PREP:** 15 minutes

**COOK:** 20 minutes

**SERVINGS:** 8

### INGREDIENTS:

½ C. panko, preferably whole-wheat  
½ C. packed (2 oz.) coarsely grated parmesan cheese  
½ tsp. sweet paprika  
¼ tsp. plus 1/8 tsp. freshly ground black pepper, divided  
4 Tbsp. olive oil, divided  
1 Tbsp. plus 1 tsp. Dijon mustard, divided  
8 boneless, skinless chicken cutlet breasts  
2 cloves garlic, unpeeled  
1 Tbsp. red wine vinegar  
1/8 tsp. kosher salt, or more to taste  
4 C. (about 4 oz.) mixed chicories, such as sliced endive and/or radicchio and torn leaves of frisée and/or escarole

### DIRECTIONS:

Position the rack in the middle of the oven and preheat it to 425 degrees.

In a shallow dish, stir together the panko, cheese, paprika and ¼ tsp. of the black pepper until combined. Drizzle with 1 Tbsp. of the olive oil and toss to combine. Use 1 Tbsp. of the mustard to rub all over the chicken breasts, then coat the chicken on both sides with the panko-cheese mixture, pressing the mixture in to coat.

Place the chicken on a large, rimmed baking sheet, along with the garlic cloves. Roast for about 20 minutes, until the chicken is cooked through and browned, and the garlic has softened. (There's no need to flip the chicken.)

Squeeze the roasted garlic out of their peels into a small bowl. Add the remaining 3 Tbsp. of oil, the remaining 1 tsp. of mustard, the red wine vinegar, salt and the remaining 1/8 tsp. of pepper and whisk to combine the dressing, mashing the garlic a bit to integrate it. (It's okay if there are some larger bits of garlic in the dressing.)

Place the chicories in a large bowl. Add the dressing and toss well to coat. To serve, place a piece of the chicken on each of 4 serving plates and top each chicken piece with a mound of the salad.

