

OATstanding Oats!

Oat-Crusted Chicken Katsu

Makes

4 servings

Prep time

15 minutes

Cook time

30 minutes

Good Source of

Fiber
Protein
Iron

Ingredients:

- ½ cup oats, quick or old-fashioned, divided
- 1 Tbsp. grated parmesan cheese
- 1 Tbsp. dried parsley
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 large egg, beaten
- 4 pieces boneless, skinless chicken breast
- 3 Tbsp. vegetable or canola oil

Nutrition Facts

4 servings per container
Serving size 1 piece (133g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 415mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions

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1. In a food processor or blender, pulse ¼ cup of the oats until finely ground.
2. Add parmesan cheese, dried parsley, half of the salt and black pepper, and the remaining ¼ cup of oats. Pulse just to combine. Transfer to a shallow bowl or plate.
3. Pound the chicken breast pieces to about ½-inch thickness. Season with remaining salt and black pepper and set aside.
4. Prepare your dredging station. Place beaten egg in a shallow bowl. Coat both sides of each piece of chicken with the beaten egg, then coat with the oat mixture, being sure to press lightly on both sides to ensure the oat mixture sticks.
5. Heat oil in a medium skillet or pan over medium-high heat. Place one piece of crusted chicken into the pan and cook for about 4 to 5 minutes on each side, until golden brown and chicken is cooked thoroughly. Repeat with remaining chicken.
6. Serve over a bed of greens or brown rice. Refrigerate any leftovers.

