

## Tortilla Crusted Chicken or Fish



### Trisha's Dishes

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This crusting recipe is perfect for chicken or fish. The entree will be crisp on the outside and juicy if chicken or firm if fish on the inside. It is easy to prepare and perfect for any number of dinner guests.

**Servings:** 4

**Prep Time:** 20 minutes

**Bake Time:** 30 minutes @ 350 degrees.

#### Ingredients:

- ✓ 4 boneless, skinless chicken breasts or tilapia fillets
- ✓ 1 cup coarse tortilla/pita chip crumbs
- ✓ 1 tablespoon chopped fresh parsley
- ✓ 1 teaspoon sea salt
- ✓ ¼ teaspoon black pepper
- ✓ Zest of 1 lemon, minced
- ✓ ½ cup Parmesan cheese
- ✓ 2 Hot & Sweet Cherry Peppers, diced
- ✓ 6 Jalapeno Slices, remove seeds & dice

#### Dipping Mixture:

- ✓ 1 egg
- ✓ 2 teaspoons cornstarch
- ✓ Juice of ½ lemon

**Tip:** You can find the Cherry Peppers at Trader Joe's.

**Note:** This recipe is NOT spicy hot. It is spicy mild. Add more or less Cherry Peppers and or Jalapeno Slices as you desire but make sure you add some.

#### Instructions:

1. Preheat oven to 350 degrees.
2. Lightly spray baking dish with cooking oil.
3. Blend egg, cornstarch and lemon juice with a fork in a shallow dish; set aside.
4. Combine chip crumbs, parsley, salt, pepper, zest, Parmesan cheese, cherry pepper and jalapeno slices in a second shallow dish.
5. Pat dry chicken or fish.
6. Dip both side of chicken or fish into egg mixture. Transfer to crumb dish and coat both sides. Arrange in baking dish and place more crumb mixture on top of each piece – pat and air dry for 20 minutes prior to baking.

#### To Serve:

- ◇ I like serving this entrée with my Easy Spanish Rice recipe or my Corn Salad with Feta and Walnuts.