

# Cornmeal-Crusted Chicken with Pepian Sauce

inspired by EatingWell September/October 2007

## Ingredients:

4 tomatillos, husked and rinsed  
1/4 cup diced onion  
4 tablespoons pepitas  
3 tablespoons chopped fresh cilantro  
1 clove garlic, peeled  
1/2 cup chicken broth  
1/2 teaspoon salt  
2 tablespoons reduced-fat sour cream  
4 boneless, skinless chicken breasts,  
1 large egg white  
2 tablespoons water  
1/2 cup yellow cornmeal  
3 teaspoons oil

Tools: food processor or blender, skillet, stove, fork or whisk, two shallow dishes

1. Put tomatillos, onion, 3 tablespoons pepitas, 2 tablespoons cilantro, garlic, broth and 1/4 teaspoon salt into a food processor and process till smooth. (You might be able to get away with using a blender.)
2. Pour the mixture into a saucepan and cook over medium high heat for about 15 minutes. It should boil down to about 3/4 cup of thick past.
3. Take it off the heat and stir in the sour cream.
4. Whisk egg white and water in a shallow dish.
5. Then whisk cornmeal and remaining salt in another dish.
6. Dip each chicken breast in egg white then coat in the cornmeal.
7. Heat 1.5 teaspoons oil in a big skillet over medium heat.
8. Cook the chicken two pieces at a time until they aren't pink in the middle (4 minutes per side or so). Don't do more than two at a time or else they won't cook right.
9. Serve the chicken with the sauce and garnish it with pepitas and cilantro.