



**Chicken**

## **Joe's Low Fat Amish Chicken Schnitzel**

*Serves 2-3*

1 lb. Amish chicken cutlets  
2 eggs, beaten  
2 Tbl oil  
1 cup Andy's Chicken Seasoning,  
Mild

1 cup bread crumbs  
salt and pepper, to taste

Heat oil in medium-size saucepan over medium-high heat. Roll chicken in Andy's Chicken Seasoning - Mild. Dip seasoned chicken in egg. Roll chicken in bread crumbs. Sauté in hot oil until brown. Allow to cool then serve with rice pilaf and steamed vegetables for a light low-fat summer Chicken Schnitzel.