

# RV GODDESS: Chicken Cutlets with Arugula & Tomatoes

Need something quick for two people? This dinner can be on the table in less than 20 minutes! Use the thin-sliced chicken breast cutlets available now in the supermarket. Peppery arugula, also known as rocket, is a perfect match with the balsamic dressing and savory chicken, but you *could* use baby spinach if you choose. I used store-bought Italian-style bread crumbs with good results but had better results when I used home-made bread crumbs seasoned with salt, pepper, garlic and a little Italian seasoning. Serve with lemon wedges, optional.

- 1 egg
- 1 Tablespoon water
- 1 cup seasoned breadcrumbs
- 1 pound chicken cutlets (about four)
- 2 Tablespoons oil, for sautéing - olive or vegetable
- 2 teaspoons Balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarse grind black pepper
- 3 ounces arugula leaves (two very large handfuls)
- 6 ounces cherry or grape tomatoes, cut in half
- Lemon wedges, optional

Prepare the chicken: In a wide flat bowl, beat the egg together with one tablespoon of water until frothy and smooth. Place the bread crumbs on a flat plate. Heat a large skillet and coat the bottom with a little olive oil. Dip each chicken cutlet in the egg mixture, then dredge through the bread crumbs to coat completely. Place in the skillet over a medium-high heat. Sauté until evenly browned and cooked completely, about 4-5 minutes per side.

While chicken is cooking, prepare the salad dressing: In a small bowl, whisk together the balsamic vinegar with two tablespoons of olive oil, the salt and pepper and set aside.

Prepare the salad: Divide the arugula on two dinner plates. Distribute tomatoes evenly over the greens. Drizzle the salad dressing evenly over the arugula and tomatoes. Place two cutlets over the top of the salad on each plate and serve, garnished with lemon wedges.

Serves 2.

RV NOTES: This dish is very quick to prepare and is a good way to get nutritious greens in your diet. Use a non-stick fry pan for easy clean-up in the RV. The recipe is an entire meal - serve with rolls if desired.