



Columbia Grain™

CULTIVATING GROWTH™

## RECIPE

# Pan-Seared Chicken Breasts with Chickpea Salad

Recipe submitted by Renee Jean,  
Williston Herald, Reporter.  
Adapted from *The Complete  
Mediterranean Cookbook*  
by America's Test Kitchen.

### INGREDIENTS

- 1/4 cup olive oil (+2 tablespoons for frying)
- 1/4 cup lemon juice
- 1 tsp honey
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp salt
- Pepper
- 2, 15-ounce cans of chickpeas
- 1/2 red onion, chopped
- 1/4 cup mint, chopped
- 1/2 cup flour
- 4, 4 to 6 ounce chicken breasts

### INSTRUCTIONS

1. In a large bowl, whisk olive oil, lemon juice, honey, smoked paprika, ground cumin, salt and pepper.
2. Set aside 3 tablespoons of this dressing for serving.
3. To what remains add chickpeas, chopped red onion, and chopped mint.
4. Spread flour in a shallow dish. Pound chicken breasts to 1/2 inch thickness. Pat dry, season with salt and pepper and dredge in the flour, shaking off any excess.
5. Heat 2 tablespoons of olive oil on medium high heat until just smoking. Fry the chicken breasts for about 10 minutes, until golden brown on both sides and a meat thermometer registers 160 degrees.
6. Transfer to a serving platter, tent loosely with aluminum foil. Let rest for 5 minutes, then drizzle with reserved dressing. Serve with the chickpea salad and some nice, crusty french bread. A white wine goes well with this delicious healthy meal.