

Good Eats *Recipes*

Cornmeal-Crusted Chicken with Corn Salsa

What You Need:

1 whole skinless boneless chicken breast (about 3/4 pound), halved
1/4 cup yellow cornmeal
1/4 teaspoon paprika
1/4 teaspoon cayenne
2 teaspoons unsalted butter
GOOD EATS Corn Salsa

Directions:

Pat chicken dry and season with salt and pepper. On a plate stir together cornmeal, paprika, and cayenne and press chicken into mixture, coating both sides. In skillet heat butter over moderately high heat until foam subsides and sauté chicken until golden and cooked through, about 5 minutes on each side.
Serve chicken with salsa.