

# Baken-Ets® Carb-Conscious Chicken Schnitzel

## Ingredients

- 1 bag (4 oz) Baken-Ets® Traditional Fried Pork Skins
- 3/4 cup grated Parmesan cheese
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 egg
- 1 tbsp heavy or whipping (35%) cream
- 4 chicken cutlets (each 4 oz), about 1/4 inch thickness
- 1 cup vegetable oil
- 2 tbsp finely chopped fresh parsley
- 1 cup sauerkraut, for serving
- Lemon wedges, for serving

## How to make it

1. Crust: In food processor, pulse Baken-Ets® Traditional Fried Pork Skins until finely ground. Transfer to shallow bowl. Stir in Parmesan, paprika, garlic powder and onion powder.
2. In another shallow bowl, whisk together egg and cream.
3. Pat chicken dry with paper towel. Dip each cutlet into egg mixture, letting excess drip back into bowl, then dredge in ground pork skins mixture until well coated.
4. In large skillet set over medium heat, heat oil until shimmering. Cook schnitzel, turning once, for 6 to 8 minutes or until golden brown and cooked through.
5. Sprinkle schnitzel with parsley. Serve with sauerkraut and lemon wedges.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	20 min	35 min	4

## Made with



**Baken-Ets® Traditional Fried Pork Skins**