MATZO-CRUSTED CHICKEN

Adapted from: Martha Stewart Living

YIELD: 4 SERVINGS
TOTAL TIME: 30 MIN

INGREDIENTS
1 large egg
8 matzos, crushed (about 3 cups)
2 teaspoons salt
1/4 teaspoon black pepper
4 boneless, skinless chicken breasts

DIRECTIONS
• Preheat oven to 400 F.
• Lightly grease a baking sheet.
• Beat egg in a shallow dish.
• Mix crushed matzos, salt, and black pepper in another shallow dish.
• Working with one at a time, dip chicken into egg, then into matzo, pressing to coat both sides.
• Place chicken on the baking sheet, and cook until golden brown, about 15-20 minutes, flipping them over halfway.
• Serve immediately.

WHAT IS MATZO?
Matzo (pronounced maht-suh) is a thin, crisp, unleavened bread that is typically eaten during the Jewish holiday called Passover. They are similar to crackers. Matzo has a wide variety of uses including:

• Eat like a cracker with cheese or other toppings.
• Crush it and use as breading for meat, chicken or fish.
• Use it for sandwiches instead of bread.
• Spread with peanut butter and top with fruit or jelly.

SERVING SUGGESTIONS:
• Serve with brown rice and your favorite vegetables.
• Serve over spaghetti and marinara and sprinkle with shredded cheese.
• Slice the chicken and serve over a salad.

Adapted from: Martha Stewart Living
MATZO GRANOLA

YIELD: 4 CUPS
TOTAL TIME: 40 MIN

INGREDIENTS
3 matzos, crushed
1/2 cup nuts or seeds, chopped
1/4 cup vegetable oil
2 tablespoons brown sugar
2 tablespoons honey
1/2 teaspoon salt
1/2 cup dried fruit, chopped

DIRECTIONS
- Preheat oven to 300 F.
- Stir together the matzos, nuts/seeds, oil, brown sugar, honey and salt.
- Spread evenly on a baking sheet.
- Bake for 25 to 30 minutes, stirring every 10 minutes.
- Let cool.
- Break into smaller pieces.
- Stir in dried fruit.

SUGGESTED SERVINGS
- Serve on top of yogurt with your favorite fruit.
- Serve granola like cereal and add milk.
- Top half of a baked apple or pear with granola for a delicious and nutritious dessert.

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BANANA MATZO BREI

YIELD: 2 SERVINGS
TOTAL TIME: 25 MIN

INGREDIENTS
3 matzos, broken into 2-inch pieces
1 banana, plus more banana slices
1/4 cup vegetable oil
1 large egg
1/4 teaspoon salt
1 tablespoon honey
1/2 ounce dark chocolate (optional)
2 tablespoons milk (optional)

DIRECTIONS
- Soak matzos in cold water for 5 mins.
- Drain matzos in a colander.
- Mash banana using a fork.
- Add oil, egg, and salt to mashed banana.
- Gently stir in matzos and honey.
- Heat 1 tablespoon oil in a medium skillet over medium heat.
- Spread half of the matzo mixture evenly in skillet, pressing gently.
- Cook until underside is golden, about 4 minutes.
- Flip using a spatula.
- Cook until underside is golden, about 5 minutes.
- In a microwave-safe bowl, melt chocolate with the milk.
- Transfer the banana matzo to plates. Top with banana slices and drizzle with the melted chocolate.

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