

## **Pistachio Nut Chicken**

1/2 Cup shelled pistachio nuts, finely ground (kids are a great help at shelling pistachios)

1/2 tsp. Salt

1/2 tsp. Black Pepper

1 Tbsp. Olive Oil

4 Boneless, Skinless Chicken Breast Halves

Preheat the oven to 375 degrees. Mix the nuts in a pie plate (I use a regular plate) with the salt and pepper. Press the chicken into the nuts. Heat 1 Tablespoon oil in a skillet and cook the coated breasts, 2 minutes per side. Place the breasts in a baking dish and bake for 15 minutes or until thermometer inserted in the thickest portion registers 160 degrees and the juices run clear.