Almond Chicken with Honey Lime Sauce



YIELD: 4 SERVINGS

Ingredients

* 2 whole - boneless, skinless chicken breasts, halved
* 2 Tablespoons - flour
* 1 - egg
* 2 teaspoons - soy sauce
* 1/2 teaspoon - black pepper
* 3/4 cup - finely ground almonds
* 3/4 cup - corn flake crumbs, crushed
* 1 Tablespoon - Vegetable oil
* 1/2 cup - apple juice
* juice of 1 lime
* 2 teaspoons - corn-starch
* 1/4 cup - honey

Directions

Place chicken breasts between two sheets of plastic wrap or waxed paper. Flatten chicken to 1/2 inch thickness. Dip chicken in flour and shake off excess. Set aside. Combine the egg, soy sauce and pepper in a shallow dish; set aside. In another shallow dish combine ground almonds and corn flake crumbs. Dip chicken in egg mixture to coat and in almond mixture, pressing so the coating adheres to both sides. Brown chicken on both sides in oil in a non-stick skillet over medium-high heat, until chicken is no longer pink and juices run clear when cut with a knife. Remove chicken; set aside. Combine apple juice, lime juice and corn-starch. Add mixture to skillet. Add honey. Cook and stir until thickened and bubbly. Serve chicken with sauce.