



Spicy Oat Crusted Chicken with Sunshine Salsa



SERVINGS



COOKING TIME

Makes 4 Servings

30 minutes

Spice things up in the kitchen with Spicy Oat Crusted Chicken with Sunshine Salsa. This unique recipe pairs zesty chicken with a citrusy salsa to perfectly balance out the flavors. In just 30 minutes this savory lunch or dinner option is ready to enjoy.

Ingredients

Chicken

- 2 Tablespoon(s) Canola Oil
- 1 Tablespoon(s) margarine, melted
- 2 Teaspoon(s) chili powder
- 1 Teaspoon(s) Garlic Powder
- 1 Teaspoon(s) ground cumin
- 3/4 Teaspoon Salt (optional)
- 1-1/2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 Egg, lightly beaten
- 1 Tablespoon(s) Water
- 4 boned and skinned chicken breast halves (about 5 to 6 ounces each)
- Chopped cilantro (optional)

Sunshine Salsa

- 3/4 Cup(s) prepared salsa
- 3/4 Cup(s) coarsely-chopped orange sections

Cooking Instructions

1. In small bowl, combine salsa and orange sections.

2. Refrigerate, covered, until serving time.
3. Heat oven to 375°F.
4. In flat, shallow dish, stir together oil, melted margarine, chili powder, garlic powder, cumin and salt.
5. Add oats, stirring until evenly moistened.
6. In second flat, shallow dish, beat egg and water with fork until frothy.
7. Dip chicken into combined egg and water, then coat completely in seasoned oats.
8. Place chicken on foil-lined baking sheet.
9. Pat any extra oat mixture onto top of chicken.
10. Bake 30 minutes or until chicken is cooked through and oat coating is golden brown.
11. Serve with Sunshine Salsa.
12. Garnish with chopped cilantro, if desired.