Healthy Chicken Cutlet Recipes

Unbreaded lemon-herb cutlets with green beans

Prep 15 min | Cook 20 min | Additional 0 min | Serves 4 | Easy



Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 12 ounces trimmed green beans / 340 g
- 1 tablespoon olive oil / 15 ml, divided
- 1/3 cup water / 80 ml
- 2 tablespoons lemon juice / 30 ml
- 1 teaspoon dried Italian herbs
- 1/2 teaspoon fine salt, divided
- 1/4 teaspoon black pepper

Ingredient notes

Cutlets: Thin breast slices, not ground-chicken patties.
Cooking: This base is unbreaded; adding crumbs changes oil needs and timing.
Nutrition: No calculated calorie or nutrient totals are supplied.

Method & kitchen notes

1. Flatten cutlets to 1/4 inch and season with herbs, pepper and half the salt.

2. Heat 2 teaspoons oil in a wide nonstick skillet over medium heat. Cook cutlets in batches about 2 to 4 minutes per side until each center reaches 165°F (74°C); transfer to a clean plate.

3. Add remaining oil, beans, water and salt. Cover and cook 5 to 7 minutes until beans are crisp-tender, adding a little water if the pan dries.

4. Uncover, stir in lemon juice and return the cutlets briefly to warm through. Divide chicken and beans among four servings.

Doneness & food safety

Measure 165°F (74°C) in the thickest center of every chicken portion; insert the probe sideways into thin cutlets. Browning, clear juices and a fixed time do not establish safety.

Tips

Slice beans consistently.
Keep cooked cutlets out of the pan while beans steam.

Serving

Divide chicken and green beans evenly among four servings.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer than the stated quality window.

Reheating

Reheat covered at 350°F (175°C) with a small splash of water or broth until the chicken center reaches 165°F (74°C). Check several pieces and avoid unnecessary extra cooking.

Recipe: https://howtocookchickenrecipes.com/healthy-chicken-cutlet-recipes/

Food-safety references: USDA FSIS; FoodSafety.gov.