

Basic Flax Breading

Preparation time: 3 minutes

Yield: 1 1/4 cups

Suggested foods: chicken, pork, veal, beef, turkey

- 1/2 cup plain bread crumbs
- 1/2 cup ground flaxseed
- 1/4 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 tablespoon dried parsley flakes or fresh chopped parsley
- 1 tablespoon grated Parmesan cheese
- 1/4 teaspoon Italian seasoning
- salt, to taste