

CHICKEN PARMIGIANA

Last Modified: 02/19/2015

PREP: 25 Min
COOK: 25 Min
STOVETOP

F EASY

ITALIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	6 ~ 8 Oz	Chicken Breasts (Skinless / Boneless)	Thawed
1	Tbsp	Unsalted Butter	
1/2	Cup	Yellow Onion	Chopped
1	Clove	Garlic	Minced
1	14 1/2 Oz	Can Diced Tomatoes (Hunts)	Undrained
1/2	Tsp	Granulated Sugar	
1/4	Cup	Fresh Basil Leaves	Snipped
1	Large	Egg	Beaten
2	Tbsp	Whole Milk	
1/3	Cup	Italian Seasoned Bread Crumbs	
1/4	Cup	Grated Parmesan Cheese	
1/2	Tsp	Dried Oregano	Crushed
3	Tbsp	Olive Oil	
1/4	Cup	Mozzarella Cheese	Shredded
		Hot Cooked Pasta	Optional

PREPARATION

FACTOID	A traditional Italian comfort food. The key to crispy yet tender Chicken is to start by flattening and use the adhering power of Eggs to attach the Bread Crumbs.
TOOLS	<ol style="list-style-type: none"> 1) Medium Saucepan & Lid 2) Meat Tenderizer Hammer 3) 2 - Pie Tins 4) Wire Rack 5) Large Stainless Steel Skillet
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Chop the Onion and set it aside. 2) Mince the Garlic Clove and add it on top of the Onion. 3) Finely snip the Basil Leaves and set them aside. 4) Beat the Egg and Milk together until no white streaks are visible and place them in a pie tin. 5) Crush the Dried Oregano by grinding it with the flat side of a knife on a cutting board. 6) Mix the Bread Crumbs, Crushed Oregano and 2 tablespoons of Parmesan Cheese in the other pie tin.
1	In a medium saucepan over medium heat, melt the Butter and add in the Onions and Garlic. Cook until the Onions are tender and the Garlic is fragrant. Stir in the Tomatoes, Sugar, Salt and Pepper. Bring to a boil, reduce the heat to low and simmer for about 10 minutes, stirring occasionally. It should end up being a thick consistency. Stir in the Basil, cover and set it aside to keep warm.
2	Meanwhile, place each Chicken Breast half between 2 pieces of plastic wrap. Using the flat side of a meat tenderizer hammer, pound each piece until it is an even thickness of about 1/4 inch. Remove and discard the plastic wrap.

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3	Dip each Chicken piece into the Egg mixture and then into the Bread Crumb mixture, patting to coat each piece evenly on all sides. Set them on a wire rack to dry for 15 minutes.
4	In a large stainless steel skillet over medium heat, heat the Olive Oil until it shimmers. Add in the breaded Chicken pieces and cook about 6 minutes until golden brown, turning once.
SERVE	Arrange the Chicken Breasts on a serving platter, drizzle with the Sauce, top with the Mozzarella and sprinkle evenly with the remaining Parmesan Cheese. Serve while hot with pasta on the side if desired.

