

Chicken Parmesan

Ingredients

- 4 boneless, skinless chicken breasts
- 3 eggs
- 1/2 cup milk
- 3 Tbsp chopped fresh parsley
- 3 large garlic cloves, minced
- salt & pepper to taste
- 1 1/2 cups Italian seasoned breadcrumbs
- 1 3/4 cups grated Parmesan cheese, divided
- 1 tsp garlic powder
- 1 1/2 cups flour
- olive oil for frying
- 1 24-oz jar prepared pasta sauce
- 2 cups shredded Mozzarella cheese or Italian cheese blend
- 3 Tbsp chopped fresh basil or parsley

Directions

Preheat oven to 425°F. Grease two baking dishes large enough to accommodate the chicken.

Cut the chicken breasts lengthwise into 2 thin cutlets. One at the time, cover chicken cutlets with plastic wrap and pound, using a kitchen mallet, until thin. Set aside.

In a large bowl, beat together the eggs, milk, parsley, garlic and salt and pepper. Set aside.

In another large bowl, combine Italian breadcrumbs with 1 cup Parmesan cheese and the garlic powder. Set aside.

Put flour in a third large bowl.

Dredge each chicken breast in the flour, then drop it in the egg mixture and then carefully transfer it to the breadcrumb bowl. Press to make sure the whole chicken breast is covered.

In a frying pan, heat a 1/3" of olive oil over medium-high heat. Add two or three of the chicken cutlets to the pan, making sure not to crowd them, and cook until golden, about 2 minutes per side. Transfer to the prepared baking pan.

Pour the pasta sauce evenly on top of the cutlets. Top evenly with shredded Mozzarella or Italian cheese blend and sprinkle remaining Parmesan on top. Sprinkle with basil.

Bake until the chicken is cooked through, about 15 to 20 minutes.

<http://www.marga.org/food/int/italianamerican/parmigiana.html>