

SOUNDS DELICIOUS

With
CARNIE WILSON

Chicken Parmesan



Ingredients

- 4 large boneless chicken breasts, pounded thin
- 1/2 cup of all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup plain bread crumbs (panko or GF will work)
- 1/2 teaspoon garlic powder
- 1 teaspoon dried parsley

1/2 teaspoon dried basil
1/4 teaspoon dried oregano
Pinch cayenne pepper
1/4 cup grated parmesan (mix of parm and romano are yummy too)
2 eggs
1 tablespoon milk
1 tablespoon fresh lemon juice
4 tablespoons olive oil
1 tablespoon butter
1 tablespoon chopped garlic
1 24 oz jar Rao's Marinara Sauce (or your favorite)
3 large fresh basil leaves, julienned (right before adding to sauce) plus more leaves
for fresh garnish
1 teaspoon fresh parsley, finely chopped for garnish
1 1/2 cups of freshly shredded mozzarella cheese
8 oz. log fresh buffalo mozzarella cheese, cut in 8 equal slices
1/2 cup grated parmesan cheese (or any parm/romano combo)



Recipe Directions

1. Set up your assembly line with 3 shallow, wide bowls.
2. Bowl 1: Mix the flour, salt, and pepper together well.
3. Bowl 2: Whisk the eggs and milk together very well.
4. Bowl 3: Combine the bread crumbs, parsley, basil, oregano, garlic powder, cayenne, and parmesan cheese.
5. Press each chicken breast in the flour mixture, making sure to coat both sides and shake off excess.
6. Gently dredge chicken in egg mixture, then lift up and let most drip off back into the bowl.
7. Press chicken firmly down into the bread crumb mixture on both sides, shake gently, then place on a platter in rows.

Tip:

(Your hands will get coated and messy. You can wash them in between to avoid lumpy excess coating everywhere if you want)

8. Over medium heat, spray non-stick skillet with non-stick cooking spray and then add oil.
9. Once the skillet is hot, add chicken breasts and saute until golden brown, flip the chicken and lower the flame to medium-low. (You can spray a tiny bit more non-stick here as needed)
10. Cook for 1 minute, shake the pan, then add lemon juice, butter and chopped garlic along the sides of the chicken.
11. Shake the pan again.
12. Cook until chicken is golden on the bottom then pour marinara sauce around the chicken, spooning a tablespoon or so on top of chicken, and then shake pan gently..
13. Sprinkle julienned basil and fresh parsley over the entire skillet.
14. Sprinkle shredded mozzarella over the entire skillet.
15. Place two slices of buffalo mozzarella on each chicken breast.
16. Sprinkle 1/4 cup of parmesan cheese on top.
17. Cover the skillet with a lid or foil and cook on low until sauce is bubbly, cheese melted and your head is about to explode from the aroma LOL. (about 3-5 minutes)
18. When ready to serve... garnish with remaining parmesan, fresh parsley and basil.
19. Keep warm covered in a 250°F oven or serve immediately with spaghetti, steamed veggies or a salad.



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