

CHICKEN PARMESAN

INGREDIENTS

1 1/2 pound chicken breast	2 garlic cloves
2 eggs	1 pound crushed tomatoes
2 tbsp Italian Dressing	1 tbsp oregano
1 pinch cayenne pepper	2 tbsp olive oil
1 cup parmesan cheese, shredded	2 tbsp butter
1/4 cup parsley, chopped	1/2 tsp sea salt
1/2 pound mozzarella, mini cheese balls	

PROCEDURE

Preheat oven to 430 degrees.

Put the chicken breast fillets on a cutting board covered with aluminum foil or parchment paper.

Slice the fillets lengthwise in two thinner pieces. Cover with foil or parchment paper and pound with a meat mallet to make them even thinner.

Salt and pepper.

In a deep bowl or plate, whisk together eggs, Italian seasoning, cayenne pepper and sea salt. In another deep bowl, combine parmesan cheese and parsley. Dip the chicken in the parmesan, then the egg mixture, then the parmesan again.

Heat the oil and butter in a frying pan and fry until the fillets get a nice color, approximately 2 minutes on each side.

Set aside.

NATURAL HEALTH

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CHICKEN PARMESAN CONTINUED

PROCEDURE

Fry the garlic in the same pan and add the crushed tomatoes. Sprinkle with oregano, salt, and pepper.

Let simmer for 5-10 minutes.

Pour the sauce into a baking dish. Add the chicken on top and top with small pieces of fresh mozzarella. Bake for 10-15 minutes in the oven or until the cheese has melted completely.

Serve with baby spinach.

***Tip: Make sure you allow the excess egg mixture to run off each chicken fillet for 5 seconds, before coating it in the parmesan cheese. This will ensure there is adequate egg mixture for all the chicken fillets and will result in less sticking to the pan when frying.**