



RECIPES

Chicken Parmigiana

3 whole boneless, skinless chicken breasts
2 eggs, lightly beaten
1 tsp. salt
1/2 tsp. pepper
3/4 cup Italian bread crumbs
1/2 cup vegetable oil
2 cups tomato sauce
1/2 tsp. dried basil
1/4 tsp. garlic powder
1 Tbsp. butter
1/2 cup grated Parmesan cheese
8 ounces Mozzarella cheese, sliced

Place chicken breasts between sheets of wax paper on a cutting board and pound lightly using a meat mallet until about 1/3 inch thick. Combine eggs, salt and pepper and dip chicken into egg mixture, then Italian bread crumbs. Heat oil in a large frying pan to about 350 degrees. Brown chicken on both sides then remove to a 9" x 6" shallow baking dish. Drain excess oil from frying pan then add tomato sauce, basil, and garlic powder. Heat to boiling, then reduce heat and simmer for 10 minutes. Stir in butter. Pour mixture over chicken and sprinkle with Parmesan. Cover and bake at 350 degrees for 30 minutes. Uncover and place mozzarella cheese over chicken and bake for another 10 minutes until cheese melts.