



THE WESTGATE CENTER | 6035 TN-100 | NASHVILLE TN 37205 | 615.928.8373

Weeknight Chicken Parmesan

Serves 4

To us, Chicken Parmesan is the definition of comfort food! With a hearty red sauce, bubbly cheese, and perfectly breaded, tender chicken cutlets served over a plate of pasta, what's not to love? Our recipe includes a few shortcuts making this delicious dish very doable even on a weeknight! We think you'll love it!

Ingredients:

4 pieces of thinly-sliced chicken breast
2 eggs
1/2 cup Italian breadcrumbs
1/4 cup grated Parmesan cheese
1/8 cup olive oil for pan-frying chicken
4 tablespoons butter, for pan-frying chicken
1 jar of your favorite marinara sauce
8 slices provolone cheese

Directions:

1. Prepare the chicken. Whisk the eggs in a shallow bowl. Mix the breadcrumbs and grated Parmesan cheese in a separate, shallow bowl. Dip each chicken breast first into the eggs, then into the breadcrumb mixture. Spoon the breadcrumbs on top of the chicken until well-coated on both sides. Set aside on a plate until ready to pan-fry.
2. In an oven-safe skillet or braiser, add 1/8 cup of olive oil to the pan, and 1 tablespoon of butter under each chicken breast. Cook the chicken over medium heat until browned and crispy on both sides. Turn the heat down slightly, and continue cooking the chicken until the internal temperature reaches 165 degrees F. Depending on the size of the pan, work in batches so that the chicken has plenty of room to cook without touching any other piece. This will help to keep the breading intact and to cook evenly.
3. Once all the chicken has cooked, add the 4 pieces back into the skillet. Spoon your favorite jarred marinara sauce over each cooked piece of chicken. Add 2 slices of provolone cheese on top of each sauced chicken breast.
4. Broil until the cheese is bubbling and just beginning to brown.
5. Serve the chicken on a bed of thin spaghetti with a little extra warmed sauce, or with a crisp, green, side salad.