

Chicken PARMESAN

CLASSIC. CHEESY. COMFORTING

TENDER CHICKEN, CRISPY BREADING, RICH MARINARA,
AND MELTED CHEESE—A FAMILY FAVORITE MADE EASY.

YOUR SHOPPING LIST

ESSENTIALS

Chicken Breast	MEAT
Pasta Sauce	18B
Parmesan	10/18B

INGREDIENTS

Salt	15A
Pepper	15A
Italian Seasoning	BULK/15A
Olive Oil	15A
Flour	15A
Bread Crumbs	17A
Eggs	10

PAIRINGS

Eggplant	PRODUCE
Garlic Bread	BAKERY
Cheese Ravioli or Torellini	2
Pasta	18B
Salad Mix	PRODUCE

DESSERTS

Shoofly Pie	BAKERY
Apple Crisp	SOUP & SALAD

EASY CHICKEN PARMESAN

Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1½ cups Italian seasoned breadcrumbs
- ½ cup grated Parmesan cheese
- 2 cups pasta sauce
- 1½ cups shredded mozzarella cheese
- 2 Tbsp. olive oil
- 1 tsp. Italian seasoning
- Salt and black pepper, to taste

Servings: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Directions

1. Preheat oven to 400°F.
 2. Season chicken with salt, pepper, and Italian seasoning.
 3. Coat chicken in flour, then egg, then breadcrumbs mixed with Parmesan.
 4. Brown chicken in olive oil for 3–4 minutes per side.
 5. Place chicken in a baking dish with pasta sauce.
 6. Top with mozzarella and extra Parmesan.
 7. Bake 15–20 minutes, until chicken reaches 165°F and cheese is melted.
 8. Let rest for 5 minutes before serving.
- Serve with: pasta or cheese ravioli, garlic bread, and a side salad.