

CHICKEN BREASTS PARMESAN

INGREDIENTS:

- ☐ ½ cup flour
- ☐ Salt, white pepper to taste
- ☐ 2 whole chicken breasts, skinned, boned, halved, flattened to ½ inch
- ☐ 2 eggs, well beaten
- ☐ 1 cup freshly grated Parmesan cheese, or more
- ☐ ½ cup butter
- ☐ ¼ cup finely chopped fresh parsley

INSTRUCTIONS: Put the flour on a plate and mix in salt and pepper. Dredge the chicken breasts in it and shake off the excess. Beat the eggs and stir in the Parmesan cheese to make a fairly stiff batter. Dip the breasts in it to coat well. Place on waxed paper and allow to stand at room temperature for about an hour to set.

Preheat oven to 325°.

Melt the butter in a heavy skillet over medium heat and sauté the chicken breasts in it for 2 or 3 minutes on each side, or until golden. Place in a single layer in an oven-proof dish and bake for 10 to 12 minutes. Remove to heated plates and sprinkle with chopped parsley. Serves 4.