

# Parmesan Crusted Chicken



## **INGREDIENTS** (Serves 4 to 6)

- ½ cup flour
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- 2 eggs
- 1 teaspoon minced garlic
- 2 tablespoons minced flat leaf parsley
- 4-6 chicken breasts, trimmed if needed
- 2 tablespoons olive or canola oil

## **PREPARATION**

1. In a shallow dish, combine flour, parmesan cheese, salt, and pepper. In another dish, lightly beat together eggs, garlic and parsley.
2. Dredge (coat) each chicken breast in the egg mixture and then through the flour mixture. Set aside on a plate until all the chicken is coated.
3. Heat oil in a sauté pan over medium heat.
4. Cook each chicken breast 6-10 minutes on each side making sure not to burn. The coating should be golden brown and the chicken should reach an internal temperature of 165 degrees F.

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## SHOPPING LIST

### Produce

Parsley

Garlic

### Grocery

Flour

Olive or canola oil

### Dairy

Eggs

Grated parmesan cheese

### Meat/Poultry/Fish

4-6 chicken breasts

## SERVING SUGGESTION

Complete your meal with spinach orzo salad or pasta primavera.

## NUTRITIONAL INFORMATION

Per Serving: 219 calories, 9 g. fat, 113 mg. cholesterol, 9 g. carbohydrate, trace of dietary fiber, 24 g. protein, 550 mg. sodium

*The nutritional values and information provided are approximations.*

### *This Rush Hour Recipe courtesy of:*

People's Food Co-op • La Crosse, Wis.

