



# Parmesan

Chicken Parmesan, also known as Chicken Parmigiana, is a popular Italian-American dish consisting of breaded and fried chicken cutlets topped with tomato sauce and melted cheese. It's typically served with pasta or as a sandwich filling.

## Recipes

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 1/2 cup all-purpose flour
- 2 tablespoons butter
- 2 tablespoons olive oil - 1/4 cup fresh lemon juice - 1/2 cup chicken broth - 2 tablespoons capers, drained - 2 tablespoons chopped fresh parsley (optional)

## Steps:

1. Place each chicken breast between plastic wrap or in a resealable plastic bag and pound them to an even thickness of about 1/2 inch.
- 2.. Season the chicken breasts with salt and pepper on both sides.
3. Set up three shallow bowls or plates. Place the flour in one, beaten eggs in another
4. Transfer the fried chicken breasts to a baking dish. Pour the marinara sauce over the chicken Bake in the preheated oven
5. Garnish with fresh basil leaves if desired. 11. Serve hot with pasta or as a sandwich filling with crusty bread.