

A Sutherland Belle

Chicken Parmesan

INGREDIENTS

- 2 boneless, skinless chicken breasts
- salt and pepper
- 2 teaspoons garlic powder
- 1/2 cup all-purpose flour
- 2 eggs, slightly beaten
- 1 cup panko breadcrumbs
- 1/2 cup grated parmesan cheese, divided
- 1 (24-ounce) jar marinara sauce or homemade sauce
- 2 cups shredded mozzarella cheese
- olive oil cooking spray
- Fresh parsley and grated parmesan cheese for garnish

INSTRUCTIONS

1. Preheat oven to 425 F.
2. Place chicken breasts between two sheets of heavy plastic or parchment paper on a solid surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2 inch.
3. Season both sides of the breasts with salt, pepper, and garlic powder.
4. Generously spray a rack-lined baking sheet with olive oil.
5. Separately place flour and eggs in two shallow bowls. Combine the panko breadcrumbs and half of the parmesan cheese in a third bowl. Coat both sides of each chicken breast in flour and then egg. Transfer the breast to the breadcrumb mixture, pressing crumbs into both sides. Place the chicken on the greased baking sheet.
6. Spray the chicken with olive oil and bake for 15-20 minutes until the internal temperature reaches 165 F.
7. On a separate small baking sheet or baking dish, spread out the marinara sauce in a single layer. Make two piles of mozzarella cheese about the size of the chicken breasts. Sprinkle with the remaining parmesan cheese. Bake 8-10 mins until cheese is melted and golden brown
8. Once the chicken and cheese are done, use a large spatula to place the cheese and sauce on top of the chicken or pour directly on from the pan.
9. Serve over spaghetti or bucatini with fresh parsley and more grated parmesan cheese.