

Parmesan Chicken

Servings: 6

Source: Ina Garten from Food Network

Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 1 cup Flour
- 1 teaspoon Kosher Salt
- ½ teaspoon Black Pepper
- 2 Extra-Large Eggs
- 1 tbsp Water
- 1¼ cups Seasoned Dry Bread Crumbs Or Panko
- ½ cup Freshly Grated Parmesan, More For Serving
- Unsalted Butter
- Olive Oil
- Salad Greens For 6, Washed And Spun
- 1 Lemon Vinaigrette

Method

Pound the chicken breast until they are ¼" thick. You can use either a meat mallet or a rolling pin.

Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tbsp of water.

On a third plate, combine the bread crumbs and ½ cup grated Parmesan.

Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread- crumb mixture, pressing lightly.

Heat 1 tbsp butter and 1 tbsp olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts. Toss the salad greens with lemon vinaigrette. Place a mound of salad on each hot chicken breast. Serve with extra grated Parmesan.

Lemon Vinaigrette

¼ cup freshly squeezed lemon juice (2 lemons), ½ cup good olive oil, ½ tsp kosher salt, ¼ tsp freshly ground black pepper

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.