

Chicken Parmesan or Eggplant Parmesan

Have at the ready, some thin spaghetti noodles and some good quality spaghetti sauce. Not a jar of Ragu please! If you're like me, you have containers of home-made spaghetti sauce in your freezer, that you can plop frozen into a saucepan to heat up. I encourage you to make my Spaghetti Sauce and use it after it's been simmering for part of the time OR if you must purchase it, get a container of high quality sauce that has low or no sugar at a grocery store like Bristol Farms or Whole Foods. You want a tomato-ey, not a sweet sauce. This recipe works well with both chicken breasts or thick slices of eggplant.

¼ cup +	parmesan cheese	3 Tablespoons +	olive oil
¼ cup +	bread crumbs	3 cups	Spaghetti sauce (home-made please)
2	eggs		Mozzarella Cheese, shredded
1 pinch	salt and freshly ground black pepper (to taste)	½ cup	Thin spaghetti noodles
4	chicken breasts -- boneless, skinless OR a large globe eggplant, cut in 1/2" rounds.	1 pound	

- 1 Preheat the oven to 350° and have a baking dish ready where your chicken breasts will fit in one layer. Boil a pot of water for the spaghetti. Then, set up a breading station. I like using pie tins for this purpose. Parmesan and bread crumbs in one tin and a couple beaten eggs in another. Season eggs with salt and pepper.
- 2 Pound the chicken breasts with a mallet to tenderize them and flatten them slightly. Heat up a frying pan on medium-high heat and add olive oil. With a pair of tongs, dip each chicken breast or eggplant slice into the beaten eggs, Then coat the chicken breast with the parmesan/bread crumb mixture and into the hot pan of oil it goes. Repeat until you have the two to four chicken breasts in the pan. As soon as the first side is golden brown, flip it over and cook until both sides of the chicken breast are golden brown, BUT THE CHICKEN IS NOT COOKED THROUGH.
- 3 Ladle some sauce into the baking dish. Thin it with a little water so it moves around the bottom. Place the browned chicken breasts into the sauce in one layer. Place the mozzarella cheese on top of each chicken breast. Place in the oven for 15 minutes or until the mozzarella is bubbly.
- 4 While the chicken is in the oven, cook your pasta and warm your spaghetti sauce and get your plates ready. Place each chicken breast on the plate. Twirl some spaghetti on the side, topped with the hot spaghetti sauce.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 1069 calories, 242 calories from fat, 27.2g total fat, 262.6mg cholesterol, 1305.5mg sodium, 1532.3mg potassium, 117g carbohydrates, 8.9g fiber, 20.9g sugar, 83.2g protein.