



# Parmesan Crusted Chicken

Looking for the perfect comfort food recipe? Chicken Parmesan is one of the most loved, most popular and most ordered chicken recipes in the world. This delicious recipe from Chef Maria is comfort food at its finest.

This appetizing meal makes it easy to see why so many top chefs prefer cooking with natural gas. Stoves and grills that use natural gas allow you to cook with more even, direct and precise heat. Try it out and see the difference.

Prep time: **20 minutes** | Cook time: **15 – 20 minutes**

## Ingredients

6 boneless skinless chicken breasts  
3 cups breadcrumbs with 3 tbsp. grated parmesan  
2 eggs beaten with 2 tbsp. water  
1 cup flour, seasoned with salt and pepper  
1 cup Parmesan cheese, grated  
2 tbsp. Italian parsley, chopped  
2 – 3 tbsp. vegetable oil  
1 lemon

## Directions

- 1 Butterfly each chicken breast and pound till  $\frac{1}{2}$  inch thick with meat mallet.
- 2 Coat each chicken breast with flour and seasoning, then egg, then breadcrumbs.
- 3 Heat skillet with oil to coat bottom.
- 4 Add chicken and brown on each side, about 2 – 3 minutes.
- 5 Place on foil lined baking sheet, bake in oven at 350 F for 15 – 20 mins or until internal temperature is above 160 F.
- 6 Garnish with parmesan cheese, parsley and lemon.