



15-minute chicken parmesan

Lisa has transformed Chicken Parmesan from a traditionally greasy, leathery mess into a healthful, tender success. Cheesy and moist, this super-quick version (less than 15 minutes) will leave you plenty of time to alphabetize the take-out menus.

SERVES: 6

ingredients

- 2 cup flour
- 2 large eggs, lightly beaten
- 1 cup panko (Japanese breadcrumbs)
- 1 cup freshly grated Parmesan cheese
- 6 boneless, skinless chicken breast halves
- 3 tbsp olive oil
- 2 cups chicken broth
- 1 cup tomato sauce
- 1/2 cup shredded mozzarella cheese
- 1/2 cup freshly grated Parmesan cheese

directions

1. Place flour in a small bowl. In another bowl, lightly beat eggs. In a third bowl, combine panko and Parmesan cheese.
2. Place chicken between two sheets of wax paper and pound to even thickness, about 1/2-inch thick. Lightly coat chicken in flour mixture, shaking off excess. Dip into beaten eggs and then transfer to panko mixture, patting the crumbs on both sides.
3. In a large skillet, heat oil over medium-high heat. Add chicken and sauté until lightly browned, about 3 minutes per side. Reduce heat to low. Add chicken broth to pan, spread 3 tbsp tomato sauce on each chicken breast and sprinkle with mozzarella and Parmesan.
4. Cover skillet and simmer until chicken is cooked through, about 6 minutes.



julie albert & lisa gnat

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