

Chicken Parmesan

I learned how to make this version using one of those Kraft mixes that came with all the ingredients. I discovered that I always had on hand the different components, so I stopped buying the premade package. This is another kid favorite in my house and in fact, it is one of my favorites.

Chicken:

2-3 chicken breast	½ to ¾ cup shredded parmesan
½ to ¾ cup Italian bread crumbs	1 TBSP All Purpose Seasoning
1 egg, beaten	½ cup milk or water

1. Preheat oven to 375, spray casserole dish with favorite oil/spray. Set aside
2. Slice chicken in one inch slices, going width-wise
3. Place beaten egg, milk and all-purpose seasoning in a medium size bowl.
4. Place bread crumbs and parmesan in another medium size bowl
5. Put all chicken into the egg, milk, seasoning mixture and stir so all are coated.
6. Take one piece at a time and coat in breading mixture, place in casserole dish leaving room between pieces.
7. Once done, you can sprinkle some of the remaining coating mixture on top of the chicken pieces.
8. Bake in oven for 30 minutes, until golden brown and chicken is cooked through. You may turn over half way through the process.

Sauce:

This is my basic tomato sauce. I use it for spaghetti with meatballs, or Italian sausage. I like it served alongside the chicken parmesan over Angel Hair Pasta or Spaghetti Squash. The shredded carrot in this recipe helps to take away some of the acidity, without adding sugar.

1 large can crushed tomatoes	1 TBSP Italian Seasoning
1 small or half of a large onion, diced	1 tsp chopped garlic
½ diced bell pepper (I prefer red or orange)	sprinkle of red pepper flakes
1 finely shredded carrot	salt to taste

1. In sauce pan, Sautee onions and bell pepper until soft, not brown
2. Add in carrot, stir for about a minute
3. Add in remaining ingredients, simmer for at least 20 minutes