

Chicken Parmesan

Yield: 6 Servings

Ingredients

- 3/4 cup flour
- ½ tsp. Salt
- ½ tsp. pepper
- 2 eggs
- 2 Tbsp. water
- 1 3/4 cups Italian bread crumbs
- 1 chicken tender per person in group
- 1/2 cup vegetable oil
- 1 jar spaghetti sauce
- 1 cup shredded mozzarella
- 3/4 cup grated Parmesan

Directions:

1. Preheat oven to 375°F.
2. In a small rectangle casserole dish, combine flour with salt and pepper.
3. In a small mixing bowl, beat together eggs and water
4. In another small mixing bowl put bread crumbs
5. You are ready to bread the chicken:
6. Place chicken in flour, shaking off excess.
7. Dip into egg mixture, letting excess drain.
8. Dip in bread crumbs, pressing on gently to get breading to stick
9. Place on plate when complete
10. In a large skillet, heat 2 Tbsp. oil over medium-high heat. Add breaded chicken. Cook until golden brown, about 1 ½ to 2 minutes per side.
11. Pour half of spaghetti sauce into a square 8x 8-inch casserole dish.
12. Place chicken on top. Cover with mozzarella and Parmesan.
13. Bake until hot and bubbling, 20 minutes.

While baking: Make noodles

1. Use small sauce pan and fill the pan about ¾ full of water
2. Let water come to a roaring boil
3. Add half of the box of spaghetti to boiling water
4. Cook uncovered approximately 8-9 minutes or until tender.
5. Remove from heat and drain in a colander.
6. Transfer noodles back to sauce pan and add the rest of the spaghetti sauce.

Add noodles to plate then top with Chicken! Enjoy!!