

Panko Chicken Parmesan

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 12 minutes

Serves: 4

CChints: For a little over \$4 you can purchase freshly grated Parmesan cheese in most deli sections of your market. It is fresh and cuts down on your prep time.

Keep sealed in the plastic container it comes in for several weeks and use it on a variety of recipes. Pay attention to the "use by" date on the container. Panko bread crumbs are crunchy and add more texture than just using flour. You can find this in the Asian section of your market.



- 4 servings of whole wheat or whole grain spaghetti
- 1-1/2 pound boneless, skinless chicken breast, sliced into 1 inch wide strips
- 1 egg, slightly beaten or 1/4 cup liquid egg substitute
- 1 tablespoon butter
- 1 teaspoon olive oil
- 1/3 cup fresh grated Parmesan cheese, divided
- 1/4 cup Panko bread crumbs
- 1 tablespoon fresh Oregano, diced or 1/2 teaspoon dried
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt and dash of pepper
- 24-26 ounce jar of your favorite prepared pasta sauce, like Sun-Dried Tomato or Cabernet
- 1 tablespoon balsamic vinegar
- 1/4 cup shredded mozzarella cheese
- 4 servings of asparagus or sliced zucchini or yellow summer squash
- 1 teaspoon Molly McButter®
- Salt and pepper to taste

Check the directions on the spaghetti for the cooking time. It will probably take from 7 – 12 minutes. Time the starting time for your pasta so that it is done when the rest of the meal is complete. The chicken and sauce will take approximately 9 minutes so you might want to start boiling the water at the beginning of the recipe.

Cook the pasta according to package directions.

You will be making an assembly line with the chicken, the egg and the breading. Start with the chicken. Rinse the chicken and cut off any excess fat. Pat it dry with paper towels and cut it into 1 inch strips. Lay the strips on the first plate. In a flat bowl, beat the egg slightly and set the bowl next to the chicken. On a paper plate or pie plate combine 1/4 cup of the cheese through the salt and pepper and set that plate next to the egg. This should be the plate that is closest to the stove.

In a large nonstick skillet add the butter and oil and turn the temperature to medium. When the butter has melted spread the mixture around to fully coat the bottom of the skillet. Add a few pieces of chicken at a time to the egg and toss to coat. Then pick up 2 pieces at a time and dredge it in the crumb mixture and lay in the skillet. Do this quickly until all the chicken is in the skillet. Cook for 3 minutes on each side. Take time to wash any and all surfaces that came in contact with the raw chicken, including yourself. When the chicken is done, remove the pan from the heat and transfer the chicken to a container and cover to keep warm.

With the pan still away from the heat, carefully add the pasta sauce and vinegar to the skillet, stir to combine. The sauce may bubble which can splatter on you and the stove, that is why you removed it from the heat. Turn the heat to low and heat the sauce thoroughly for 4- 6 minutes and if the pasta is done, drain it and put it back into the pot, away from the stove, to keep warm.

Trim the ends off the asparagus and lay them in a microwaveable dish with a cover. Or if you are using zucchini or yellow squash, rinse and dry them. Slice into 1/3 inch slices and put in a microwave safe container with a cover. Add 1 teaspoon of water to the container and sprinkle the vegetables with the Molly McButter. Cover, but leave an opening for the steam to be escape and cook on high for 2 minutes. After that time, check to see if they are done to your liking, if they are not quite tender enough, cook for another minute.

To plate, put pasta on the plate first, cover with pasta sauce and put the chicken on top. Sprinkle with the remaining Parmesan and mozzarella cheeses. Add the vegetable on the side and enjoy.