

## ***Parm & Panko Chicken with Rice***

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

**CChints:** Invest in a microplane to zest limes and lemons. When you zest one of these fruits, make sure you only get the green or yellow layer. You do not want to get the white part because it can be bitter. Most fruits will be easier to zest whole; zest first, then squeeze out the needed juice. Panko bread crumbs are crunchy and add a great texture to anything they coat. It can be found in the Asian section of most stores.



6 ounce box of Uncle Ben's® Sun-Dried  
Tomato Florentine Long Grain & Wild Rice

Chicken and marinade:

1-1/2 pounds boneless, skinless chicken breasts

1 Tablespoon lime juice zest

2 Tablespoons lime juice (about 1 lime)

1 teaspoon olive oil

2 cloves minced garlic, fresh or from a jar

2 Tablespoon olive oil, divided

1/4 cup grated parmesan cheese

1/4 cup panko bread crumbs

1/2 teaspoon salt and dash of fresh black pepper

Tomatoes and Sauce:

1/2 cup yellow onion, diced

2 Tablespoons red wine vinegar

1/2 cup reduce sodium chicken broth

2 cups cherry halved or grape

tomatoes quartered

1/2 teaspoon dried or 1T fresh oregano

1 Tablespoon capers, rinsed, diced

1/2 teaspoon salt , 1/4 tsp. pepper

Optional: Side vegetable

Rinse the chicken and pat dry with paper towels. Cut the chicken breasts in half and cut off any excess fat. Lay out about 18 inches of plastic wrap on the counter. Take one piece of chicken at a time a lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/3-1/2 inch thick with a meat mallet or heavy skillet. Put them in a large plastic bag. Add the lime zest through garlic to the bag of chicken. Seal the bag and gently squeeze the bag to move the marinade over the chicken. Marinade for 15 minutes, flipping the bag over at least 2 times. Wash all surfaces that came in contact with the raw chicken.

Start cooking the rice according to package directions for 25 minutes. The goal is to have the chicken and rice done at the same time.

When the chicken has finished marinating, heat 2 teaspoons of the oil in the nonstick skillet over medium heat that has a cover. In a paper or shallow plate mix the cheese through salt and pepper. When the skillet it hot, take one piece of chicken out of the bag at a time and dredge it in the cheese mixture on one side only. Your skillet will probably not be large enough to cook all the chicken at one time, so cook it in batches. Gently lay each piece in the pan, cheese side down and cook covered for 3-4 minutes on each side until done. Do not crowd the pan. Remove to a covered container and keep warm. Add 2 teaspoons of oil to the pan and repeat the process until all the chicken is done. When the rice is done, remove the pan from the heat and set aside until you are ready to plate the meals.

Start your side vegetable now. Add 2 teaspoons oil to the same skillet that cooked the chicken and add onions, uncovered. Scrape the bottom of the pan to loosen any brown bits and cook for 2 minutes. Add the vinegar and cook 1 minute. Slowly add the broth through capers and salt and pepper to the pan. Cook 3 minutes and return the chicken to the pan, cheese side up, for another 2 minutes. Serve chicken over the rice and label the tomatoes and sauce over the top. Enjoy!