

# Chicken Parmesan with Homemade Tomato Sauce

## ***The Sauce:***

- 2 tbs olive oil
- 1 5oz can of tomato paste
- 2 tbs Italian seasoning (or 2 tsp dried basil, 2 tsp dried oregano, 1 tsp dried thyme, 1 tsp dried rosemary)
- 1 tsp dried minced garlic or 2 cloves minced garlic
- 1 tbs dried minced onion or 1 chopped onion
- 2 28oz cans of crushed, diced or whole peeled tomatoes
- salt and pepper to taste

Heat the olive oil in a large saucepan.

(If you use fresh garlic and/or onion, add it to the oil before the tomato paste. Cook it a bit til the garlic starts to color and smell good.)

When the oil is hot, add the tomato paste. Stir til it gets darker.

Add the seasoning (and/or dried minced garlic and onion). Stir and cook for 2-3 minutes.

Add the 2 cans of tomatoes. Stir together and turn the heat down to low, so the sauce simmers.

Stir it every so often. Add salt and pepper to taste.

Let it sit on the burner on low while you work on the chicken.

## ***The Chicken:***

- 1 package boneless, skinless chicken breasts or precut cutlets
- 2 eggs
- 1 cup flour
- 3 cups panko or breadcrumbs, plain or Italian seasoned
- 8 oz mozzarella, shredded or sliced
- ½ cup grated or shredded parmesan
- salt and pepper to taste

**BTW when I say “Season” it means sprinkle with some salt and pepper.**

***Turn on the oven to 400 degrees.***

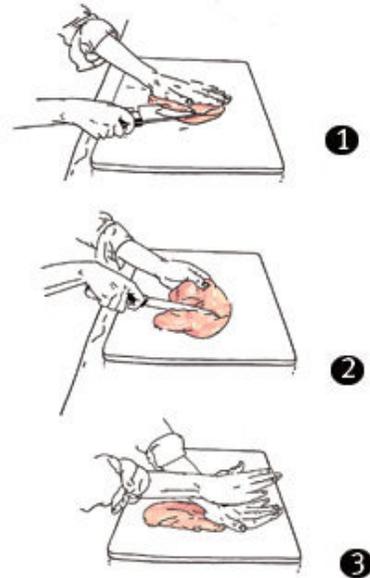
## Make Your Own Chicken Cutlets

**Step 1:** Place a boneless, skinless chicken breast on a cutting board. Hold it flat with the palm of one hand and, with a chef's knife in the other hand, carefully slice it in half horizontally (parallel to the cutting board).

**Step 2:** Open the breast like a book and, if necessary, make a cut to separate the two halves. Trim any ragged edges.

**Step 3:** Place one hand over the other; use the heel of the bottom hand to press down and flatten each piece to a  $\frac{3}{8}$ - to  $\frac{1}{2}$ -inch thickness. Or pound the chicken cutlet flat with a meat mallet. Season with salt and pepper. Voilà! Nice, quick-cooking cutlets.

**BTW don't forget to stir the sauce!**



## Bread the Chicken

You will need 3 shallow dishes. One is for the flour, one is for an egg wash, one is for the panko or breadcrumbs.

**Egg Wash:** Break the eggs into the dish. Add a splash of water and season. Beat the eggs and water with a fork.

Place the flour in a dish. Season.

Place the panko in a dish. Season. If you have extra Italian seasoning and plain panko, add some and mix

Dredge a chicken breast in the flour and shake off excess.

Then dip it into the egg mixture.

Finally dredge it in the seasoned breadcrumb mixture.

Shake off any excess breading and transfer to a lightly greased baking sheet.

Repeat with the remaining chicken.

Bake the chicken for 10 minutes. Open the oven and turn over each chicken piece, and bake for another 10 minutes.

Pull the pan of chicken out and top each cutlet with some mozzarella and parmesan cheese. Return to the oven for another 5-10 minutes or until the cheese is melted and bubbly.

Serve with the tomato sauce and more parmesan.