



OVEN BAKED CHICKEN PARMESAN

Serves 4

4 Chicken breast, skin removed
2 C Whole wheat flour
2 Eggs
2 C Whole wheat bread crumbs
1 tsp Dried oregano
1 tsp Dried thyme
½ tsp Garlic granules
½ tsp Onion powder
¼ C Parmesan, grated
8 oz. Fresh Mozzarella, cut into 8 slices
Salt and pepper
2 T Olive oil
1 Qt Homemade tomato sauce

1. Preheat your oven to 400 degrees
2. Put your chicken breast into a sealable plastic bag and evenly pound thin with the flat side of a meat mallet. Repeat with the remaining chicken
3. Season the chicken with the salt, pepper, oregano, thyme, garlic and onion
4. Put the flour, eggs and bread crumbs in separate trays large enough to fit one chicken breast (pie plates work great)
5. Beat the eggs
6. Add the parmesan to the bread crumbs and mix thoroughly
7. Line the three trays in the following order: flour, eggs, bread crumbs and a sheet tray at the end with the olive oil spread out on it
8. One at a time, dredge the chicken breast in the flour (completely coat and then knock off the excess flour)
9. Dip into the eggs and evenly coat, allowing the excess to drip off
10. Set into the bread crumbs and coat evenly
11. Set the chicken breast on the oil lined sheet tray
12. Repeat with the remaining chicken breasts
13. Bake in the oven for 25 minutes, remove and spread ½ C of tomato sauce on each piece of chicken

14. Top with two slices of fresh mozzarella and put the chicken back into the oven for 5-10 minutes or until the cheese is hot
15. Serve with extra tomato sauce and your favorite side item