

SKILLET CHICKEN PARMESAN

ingredients:

- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup all-purpose flour
- 1 large egg
- 1 cup Italian breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 1/2 to 2 pounds chicken breast, slightly pounded at the thickest part
- 1/2 cup olive oil
- 1/2 cup diced onion
- 2 cloves garlic, sliced
- 2 cups Sendik's Homemade Marinara Sauce
- 6 ounces mozzarella cheese, sliced
- Fresh basil, garnish

directions:

1. Preheat oven to 400°F. Heat olive oil in a 12-inch oven-safe skillet over medium heat.
2. Prepare your breading station by mixing the salt and pepper with the flour in a shallow bowl. Whisk the egg in a second bowl and add breadcrumbs and Parmesan cheese into a third bowl. Coat the chicken with seasoned flour and dust off any extra flour. Next, dip chicken into egg mixture and coat. Finally, transfer chicken to the breadcrumbs and coat. Place breaded chicken on a plate.
3. Time to pan fry the chicken. Test to see if the oil is ready when by adding a few breadcrumbs to the oil. If they sizzle immediately when added to the oil (325°F), it's ready! Add breaded chicken and fry for 4 - 5 minutes per side. The chicken should be mostly cooked through at this point. (TIP: You may need to fry in batches; if the pan gets overcrowded the chicken may not crisp up to your liking). Remove chicken from the skillet and set aside. Carefully spoon out some of the olive oil into a bowl to cool (and then discard), leaving about a tablespoon in the skillet. Don't rinse out the skillet.
4. Add the onion to skillet and cook over medium-low heat until onion is translucent. Add the garlic and cook for one minute. Pour in the marinara sauce and bring to a low simmer.
5. Place the chicken back to the skillet in the sauce. Top each chicken piece with a slice of mozzarella cheese. Place the skillet in the preheated oven and bake for 10 to 12 minutes until the sauce is bubbling, the cheese is melted, and the chicken registers 165°F in the thickest parts.

Serve chicken Parmesan immediately over angel hair pasta with bread and a salad. Garnish with fresh basil. Don't forget the wine. Mangia!

