CHICKEN CUTLETS PARMESAN

4 skinless, boneless, chicken breasts (about 1.5 pounds)
1/2 cup all-purpose flour
2 large eggs, lightly beaten
1 tablespoon water
1 cup dried bread crumbs – SEE NOTE
Salt & pepper
Parmesan cheese

Assemble your ingredients for the chicken to make an assembly line. Place a long piece of plastic wrap on the counter and lay the chicken on the wrap with room in between. Place another piece of plastic wrap on top of chicken. Pound the chicken breasts with a flat meat mallet, until they are about 1/2-inch thick.

Put the flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly. In a wide bowl, combine the eggs and water, beat until frothy. Put the bread crumbs on a plate, season with salt, pepper, and parmesan cheese (optional).

Heat enough olive to create a shallow pond in a large skillet over medium-flame. Lightly dredge both sides of the chicken cutlets in the seasoned flour, and then dip them in the egg wash to coat completely, letting the excess drip off, then dredge in the bread crumbs. This can be done ahead of time.

When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden and crusty, turning once. If doing multiple batches, you may need to clean your skillet in between and start again with fresh oil. Remove from heat to brown paper(BEST) or paper towels. Serves 4
Make double batches for sandwiches, salads, or chicken parmesan.

Chicken Parmesan

Cheese of Choice – mozzarella or sliced provolone
One jar Tomato Sauce

Preheat oven to 375 degrees. Place chicken cutlets on a lined baking sheet and spread each breast lightly with tomato sauce. Top with cheese and bake in the preheated oven until cheese melts.

BREADCRUMBS- using fresh breadcrumbs is a key step to making these extra delicious. Take a fresh loaf of bread. Tear it into small pieces and process in your food processor, store in a plastic bag in your freezer. You can also use, gluten free bread for a GF option.