



Chicken Parmesan Shore Lunch® Style (Serves 8)

Shopping List

- 8 boneless, skinless chicken breast halves (about 4 lbs.)
- 3 cups Shore Lunch® Original Recipe Breading
- ½ cup plain breadcrumbs
- 1 tablespoon dried Italian seasoning
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon salt
- ½ cup grated Parmesan cheese
- 1 egg
- 1 cup whole milk
- 1 (24 oz.) jar marinara sauce
- 8 slices Mozzarella cheese
- 1 cup canola oil

Directions

Preheat oven to 350°F. Place wire rack inside a jellyroll pan and coat with non-stick spray. Place 1 cup Shore Lunch® Breading in medium bowl. In large bowl, combine breadcrumbs, seasonings and Parmesan. In medium bowl, whisk together egg and milk. Tenderize chicken by placing each piece between plastic wrap and pound until approx. ½ inch thick. Heat oil in large skillet over medium-high heat. Dredge each chicken breast in Breading and shake off excess, dip in milk and egg mixture and coat with seasoned breadcrumbs. Carefully place in hot oil and cook until golden brown, about 3 minutes per side. Place pan-fried chicken breasts on prepared wire rack and bake for 20 minutes or until cooked through. Remove from oven and spoon ½ cup marinara sauce over each chicken breast, top with Mozzarella cheese. Bake until cheese melts. Serve with your favorite pasta.

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