

Parmesan Chicken

written by The Recipe Exchange | April 7, 2016

Ingredients

4 to 6 boneless, skinless chicken breasts
1 cup all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 extra-large eggs
1 tablespoon water
1 1/4 cups seasoned dry bread crumbs
1/2 cup freshly grated Parmesan, plus extra for serving
Unsalted butter
Good olive oil
Salad greens for 6, washed and spun dry

1 recipe Lemon Vinaigrette:
1/4 cup freshly squeezed lemon juice (2 lemons)
1/2 cup good olive oil
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Directions

Pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.

Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumb mixture, pressing lightly.

Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts. Toss the salad greens with lemon vinaigrette. Place a mound of salad on each hot chicken breast. Serve with extra grated Parmesan.

Lemon Vinaigrette:

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.