

# Chicken Parmesan

written by The Recipe Exchange | April 11, 2016

## **Ingredients**

3 tablespoons olive oil  
1 teaspoon chopped fresh rosemary leaves  
1 teaspoon chopped fresh thyme leaves  
1 teaspoon chopped fresh Italian parsley leaves  
Salt and freshly ground black pepper  
Eight 3-ounce chicken cutlets  
1 1/2 cups Simple Tomato Sauce, recipe follows, or purchased marinara sauce  
1/2 cup shredded mozzarella  
16 teaspoons grated Parmesan  
2 tablespoons unsalted butter, cut into pieces

### Tomato Sauce:

1/2 cup extra-virgin olive oil  
1 small onion, chopped  
2 cloves garlic, chopped  
1 stalk celery, chopped  
1 carrot, chopped  
Sea salt and freshly ground black pepper  
Two 32-ounce cans crushed tomatoes  
4 to 6 fresh basil leaves  
2 dried bay leaves  
4 tablespoons unsalted butter, optional

## **Directions**

Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil. Heat a large heavy oven-proof skillet over high heat. Add the cutlets and cook just until brown, about 2 minutes per side. Remove the skillet from the heat.

Spoon the marinara sauce over and around the cutlets. Sprinkle 1 teaspoon of the mozzarella over each cutlet, then sprinkle 2 teaspoons of the Parmesan over each. Sprinkle the butter pieces atop the cutlets. Bake until the cheese melts and the chicken is cooked through, about 3 to 5 minutes.

### Simple Tomato Sauce:

In a large casserole pot, heat the oil over medium high heat. Add the onion and garlic and saute until soft and translucent, about 2 minutes. Add the celery and carrots and season with salt and pepper. Saute until all the vegetables are soft, about 5 minutes. Add the tomatoes, basil, and bay leaves and simmer covered on low heat for 1 hour or until thick. Remove the bay leaves and check for seasoning. If the sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.

Add half the tomato sauce into the bowl of a food processor. Process until

smooth. Continue with the remaining tomato sauce.

If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.