

Stuffed Chicken Parmesan



Ingredients:

4 medium chicken breasts
1/2 cup flour
3/4 tsp salt
1/2 tsp pepper
2 large eggs
1/2 cup plain Panko
1/3 cup grated parmesan

3 Tbsp extra light olive oil
2 cups marinara sauce
1 1/2 cups shredded mozzarella cheese
6 fresh basil leaves, finely chopped

Directions:

Preheat oven to 400°. Season chicken breasts with 3/4 tsp salt and 1/2 tsp pepper or to taste. Cut a deep slit in each breast without cutting all the way through. Stuff each breast with 2-3 Tbsp of mozzarella. Close edges to seal. In large bowl, place 1/2 cup flour. In second large bowl, beat 2 large eggs. In third large bowl, mix together 1/2 cup bread crumbs and 1/3 cup parmesan cheese. Dredge each stuffed chicken breast in flour, tapping off excess. Dip in beaten eggs. Coat with bread crumbs mixture. Heat large, deep pan over medium heat. Add 3 Tbsp olive oil to lightly coat pan. When hot, add breaded chicken in single layer. Sauté until golden brown on each side (about 4 min per side). Pour 2 cups of marinara sauce around chicken and place a spoonful on center of each chicken breast. Sprinkle remaining mozzarella over stuffed chicken breasts. Bake until chicken is fully cooked (about 15-20 min). Garnish with freshly chopped basil.

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