

The Marv's Meats Recipe Collection #13

Michael's Chicken Parmesan

- 4 – boneless, skinless chicken breast halves, pounded to approx. ½ inch
- ¼ cup – olive oil
- 2 – eggs
- ¼ cup – milk
- ¾ cup – bread crumbs
- ½ cup – parmesan cheese, grated fine
- 1 cup - flour
- 1 tsp – salt
- ¼ tsp – black pepper
- ¾ cup – tomato/spaghetti sauce
- 1 cup – mozzarella cheese, shredded

Pre-heat oven to 350°. Beat eggs & milk in a bowl. In a second bowl mix bread crumbs & ¼ cup parmesan cheese. In a third bowl mix flour, salt & pepper. Dust breast halves in flour, dip in egg mixture, coat thoroughly with bread crumb mixture & place on a rack to dry – 15-20 minutes. Heat oil in a heavy skillet & brown chicken breasts 2-3 minutes on each side. Arrange breasts on a jellyroll pan coated with cooking spray & bake 25 minutes. Remove from oven & set oven to broil. Top each breast with a few spoonfuls of tomato/spaghetti sauce & ¼ cup mozzarella each. Place under broiler until cheese is bubbly & starts to brown – 2-3 minutes. Sprinkle each with remaining ¼ cup of parmesan. Serves 4.



MARV'S
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