



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### EASY CHICKEN PARMESAN

4 boneless, skinless chicken breasts

½ cup Panko or bread crumbs

½ cup grated parmesan cheese (divided)

1 teaspoon Italian herb seasoning

1 egg, slightly beaten

2 tablespoons water

¼ cup vegetable oil

1 cup prepared pizza sauce

1. Preheat oven to 325 degrees F. Grease 9x13 inch glass baking dish; set aside.
2. Place one chicken breast at a time in freezer-weight recloseable plastic bag. Using smooth side of a meat mallet, pound chicken to flatten slightly.
3. In shallow dish or pie plate, combine crumbs, ¼ cup of cheese, and Italian seasoning; set aside.
4. In second shallow dish or pie plate, combine egg and water.
5. Dip chicken breasts in egg mixture, then in crumb mixture to coat.
6. Heat oil in large skillet over medium heat. Add chicken and cook for 3 minutes on each side.
7. Arrange chicken in single layer in prepared dish. Top with pizza sauce.
8. Bake in 325 degree oven for 20 to 25 minutes or until internal temperature is 165 degrees F.
9. Sprinkle with remaining ¼ cup parmesan cheese.

Makes 4 servings.

