

Parmesan Chicken



- 3 boneless skinless chicken breasts
 - 1 cup all-purpose flour
 - Kosher salt and freshly ground black pepper
 - 2 extra large eggs
 - 1 1/4 cups dry bread crumbs, seasoned
 - 1/2 cup Parmesan cheese, finely grated, plus extra for serving
 - 2 tablespoons unsalted butter
 - 2 tablespoons olive oil
 - 3 cups salad greens, baby size
- LEMON VINAIGRETTE:**
- 1/4 cup fresh lemon juice
 - 1/2 cup EVOO

Kosher salt and freshly ground black pepper

Per Serving (excluding unknown items): 667 Calories; 38g Fat (52.0% calories from fat); 45g Protein; 34g Carbohydrate; 2g Dietary Fiber; 192mg Cholesterol; 486mg Sodium; 2g Total Sugars; trace Vitamin D; 297mg Calcium; 3mg Iron; 576mg Potassium; 525mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. If chicken breasts are thick, use a very sharp knife and slice them in half, gently holding your palm against the chicken breast and carefully slicing to make two equal pieces. Pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.
2. Combine the flour, 2 teaspoons salt, and 1 teaspoon pepper on a dinner plate. Beat the eggs with 1 tablespoon of water in a large shallow bowl. On a second dinner plate, combine the bread crumbs and the 1/2 cup grated Parmesan cheese. Coat the chicken breasts on both sides with the flour mixture, dusting off the excess, then dip both sides into the egg mixture and finally dredge both sides in the breadcrumb mixture, pressing lightly.
3. Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large (12-inch) sauté pan over medium-low heat and cook 2 chicken breasts at a time for 2 to 3 minutes on each side, until just cooked through. Remove the cooked chicken to a plate (or keep warm in the oven; see below). Add more butter and oil and cook the rest of the chicken breasts.
4. Toss the salad greens with the lemon vinaigrette. Place each chicken breast on a plate and pile mound of salad on top. Serve hot with shaved or grated Parmesan on top.
5. Notes: You can pound the meat between two sheets of wax paper, plastic wrap, or directly on a board. To keep the cooked chicken breasts warm, place on a sheet pan in a 200-degree oven for up to 15 minutes.