

Fresh Mozzarella Stuffed Chicken Parmesan

Phillis Carey cooking class, 2018



Servings: 4

1. Preheat oven to 425°F. Using a sharp knife, cut a deep pocket into the side of each chicken breast. Season inside lightly with salt and pepper then stuff pockets with fresh mozzarella and then gently press edges together to seal. Season outside of chicken with salt and pepper.
2. In 3 shallow bowls place flour, eggs and panko. Whisk into the panko bowl add the oregano, garlic powder and 1/4 cup of the grated Parmesan.
3. Dip the stuffed chicken breasts into flour, shaking off excess, then dip into beaten eggs, turning to coat, and lastly dredge in the panko, making sure the chicken is coated evenly.
4. Heat a 1/4" layer of olive oil in a large nonstick skillet over medium heat. Add the chicken and cook until golden brown on both sides, about 4 minutes per side. Transfer chicken to a glass or ceramic baking dish.
5. Gently pour the marinara sauce around the sides of the chicken - NOT on the top - and sprinkle the marinara with the fresh basil slivers. Sprinkle chicken with remaining Parmesan and place in the oven and bake for about 16 minutes, or until cooked through (cheese will be slightly oozing from the edge). Serve garnished with Italian parsley.

- 4 boneless skinless chicken breast halves
- 8 ounces mozzarella cheese, fresh, sliced
- salt and pepper to taste
- 1 cup flour
- 3 large eggs, lightly beaten
- 1 1/2 cups panko
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup Parmigiano-Reggiano cheese, grated
- 2 cups marinara sauce
- 1/4 cup fresh basil, slivered
- 2 tablespoons Italian parsley, chopped

Per Serving (excluding unknown items): 637 Calories; 23g Fat (32.9% calories from fat); 52g Protein; 52g Carbohydrate; 4g Dietary Fiber; 278mg Cholesterol; 947mg Sodium. Exchanges: 3 1/2 Grain(Starch); 6 Lean Meat; 0 Vegetable; 3 Fat.

Carolyn T's Blog: tastingspoons.com