

# Chicken Parmesan with Blackberry Sage Oolong Tea

**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Total time:** Approximately 1 hour

## CHICKEN

4 boneless, skinless chicken breasts  
1 C all-purpose flour  
2 lg eggs, beaten  
1 C breadcrumbs  
1/2 C grated Parmesan cheese

1 † dried oregano  
1 † dried basil  
1/2 † salt  
1/4 † black pepper  
1/4 C olive oil

## SAUCE

1 T olive oil  
1 sm onion, finely chopped  
2 cloves garlic, minced  
1 C sliced mushrooms  
1/2 C brewed Blackberry Sage Oolong tea  
(strong, cooled)  
1 can (14.5 oz) crushed tomatoes

1 T tomato paste  
1 † dried oregano  
1 † dried basil  
1/2 † salt  
1/4 † black pepper  
1/4 † red pepper flakes (optional)  
1 T honey

## TOPPING

1 1/2 C shredded mozzarella cheese  
1/4 C grated Parmesan cheese

Fresh basil leaves, for garnish

**PREHEAT THE OVEN** to 375°F (190°C). Grease a large baking dish.

**PREPARE THE CHICKEN:** Place the flour in a shallow dish. Place the beaten eggs in another shallow dish. In a third shallow dish, mix the breadcrumbs, grated Parmesan cheese, dried oregano, dried basil, salt, and black pepper. Dredge each chicken breast in the flour, then dip in the beaten eggs, and coat with the breadcrumb mixture.

**COOK THE CHICKEN:** In a large skillet, heat the olive oil over medium-high heat. Add the breaded chicken breasts and cook until golden brown on both sides, about 3-4 minutes per side. Transfer the chicken to the prepared baking dish.

**PREPARE THE SAUCE:** In the same skillet, heat the olive oil over medium heat. Add the chopped onion and cook until softened, about 5 minutes. Add the minced garlic and sliced mushrooms, and cook until the mushrooms are tender, about 5 minutes. Pour in the brewed Blackberry Sage Oolong tea and let it simmer for 2-3 minutes. Add the crushed tomatoes, tomato paste, dried oregano, dried basil, salt, black pepper, red pepper flakes (if using), and honey. Stir to combine and let the sauce simmer for 10 minutes.

**ASSEMBLE THE DISH:** Pour the sauce over the chicken breasts in the baking dish. Sprinkle the shredded mozzarella cheese and grated Parmesan cheese evenly over the top.

**BAKE:** Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the cheese is melted and bubbly.