

PARMESAN CHICKEN



chicken breasts (boneless, skinless)	1 extra-large egg
$\frac{1}{2}$ cup flour	$\frac{3}{4}$ cup seasoned bread crumbs
$\frac{1}{2}$ t. kosher salt	$\frac{1}{4}$ cup freshly grated Parmesan cheese
$\frac{1}{4}$ t. pepper	butter and olive oil

Pound chicken breasts until they are $\frac{1}{4}$ inch thick. Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the egg with 1 t. water. On a third plate, combine the bread crumbs and $\frac{1}{4}$ cup grated Parmesan cheese. Coat the chicken breasts on both sides with flour mixture, then egg mixture, then bread crumb mixture, pressing lightly.

Heat 1 T. butter and 1 T. olive oil in a large saute pan and cook breasts on medium-low heat for 2 to 3 minutes on each side. Serve with extra grated Parmesan.