Real Food
Everything Chicken

Parmesan Chicken

Ingredients:

- 4 to 6 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 extra-large eggs
- 1 1/4 cups seasoned dry bread crumbs
- 1 cup freshly grated Parmesan, plus extra for serving
- 2 tablespoon Vegetable Oil
- 1 tablespoon Olive oil

Directions:

- Pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.

- Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs. On a third plate, combine the bread crumbs and 1 cup grated Parmesan.

- Heat 2 tablespoons of vegetable oil and 1 tablespoon of olive oil in a large sauté pan

- Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumb mixture, pressing lightly.

- Cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Serve with extra grated Parmesan.
Everything Chicken

Ingredients

- 4 boneless skinless chicken breasts (*pounded to even thickness*)
- 2 extra-large eggs
- 1 cup all-purpose flour
- kosher salt and freshly-cracked black pepper
- 2 tablespoons melted butter
- 1 cup “Everything” Seasoning Blend

Directions:

- Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs. On a third plate, put everything mixture.

- Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the everything mixture, pressing lightly

- Heat oven to 425°F.

- Place the chicken breasts in a single layer in a large baking dish

- Sprinkle approximately 1 tablespoon of the seasoning blend evenly on top of each chicken breast. Gently pat the chicken to press on the seasoning, then mist the chicken with a brief shot of cooking spray.

- Bake for 12-15* minutes, or until the chicken is cooked through and no longer pink. If you use a cooking thermometer to measure the temperature thickest part of the breast, it should be between 160-170°F.

- Once the chicken is cooked, remove the pan from the oven and let the chicken rest for at least 5-10 minutes. Then serve immediately.