

## Recipes



### Lemon Parmesan Chicken pairs with Rose of Pinot Noir

Tabitha Compton's mom Cheri's family recipe. Serve with wide-buttered noodles garnished with parsley; and a green vegetable. The Compton family likes to have this over sauteed kale and onions. Tabitha requests this for her birthday dinner every year!

The ingredients depend on the amount you are cooking. I seem to always have to add more ingredients before I'm done. You can start this early in the day and then finish up before it's time to eat. Leftovers, if you have any, are great cold as well!

Bake in pre-heated 350-degree oven until heated through internal chicken temp 165 degrees & golden

#### **Ingredients:**

1 chicken breast per person  
Parmesan cheese  
Italian bread crumbs; could use plain to...but why?  
2-3 beaten eggs  
Oil and butter- for cooking (butter gives flavor and the oil helps slow the burning point)  
2-3 Lemons- to squeeze over cooked chicken and to garnish with thin slices  
Parsley for garnish

## Recipes

### Lemon Parmesan Chicken continue...

#### **Directions:**

Butterfly each breast by placing them between parchment paper and pound flat until thin and even. (Smaller eaters could share one pounded breast but all in our family can eat one all by themselves)

Prepare two separate bowls for dipping. One with 2-3 beaten eggs and one with 1/2 Italian bread crumbs and 1/2 Parmesan cheese.

Prepare and heat one large skillet; over medium high heat; with part oil and part melted butter, to cover the bottom of the pan.

One at a time, dip the chicken in the egg wash, then dredge into the bread crumb & cheese mixture until covered. Repeat. Place in your prepared skillet, making sure to not overcrowd. Remove pieces when nicely golden brown, be careful not to burn them. You may have to change your oil and butter if it is getting too dark, happens to me a lot.

NOTE: If making hours ahead you can stop at this point and bake closer to eating.

Once golden, place the chicken on a baking sheet, and put into the oven to finish the baking process. After chicken is baked through, squeeze fresh lemon juice over each breast. Top each serving with thinly sliced lemon and garnish with parsley.