

# Italian Chicken

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## **Servings: 8**

*3 whole chicken breasts,  
split, skinned & boned  
2 eggs, beaten  
1/2 teaspoon salt  
1/2 teaspoon pepper  
Italian-seasoned bread  
crumbs  
1/2 cup vegetable oil  
1 can (15 ounces) tomato  
sauce  
1 1/4 teaspoons dried basil  
leaves  
1/2 teaspoon garlic powder  
1 tablespoon margarine  
1/2 cup Parmesan cheese,  
grated  
8 slices mozzarella cheese*

Preheat the oven to 350 degrees.

Pound the chicken until 1/4 inch thick, using a meat mallet or heavy flat utensil.

In a flat shallow pan (pie pan), combine the eggs, salt and pepper. Mix well.

Dip the breasts in the egg mixture, then into the bread crumbs. Add two to three tablespoons of vegetable oil to a heavy twelve inch skillet. Brown the chicken quickly over high heat. Cook in a single layer (do not crowd). Add additional oil, if necessary.

Place the browned chicken in a shallow baking dish. Pour the excess fat from the skillet. Add the tomato sauce, basil and garlic powder. Bring to a boil. Reduce the heat and simmer for 10 minutes to thicken. Add one tablespoon of margarine. Blend and pour over the chicken. Sprinkle Parmesan cheese over the sauce.

Bake, covered, for 30 minutes. Remove the cover. Place one slice of mozzarella cheese over each breast.

Bake, uncovered, for an additional 10 minutes.

*Scalloped chicken baked  
in tomato sauce and topped  
with Parmesan and  
mozzarella cheeses.*

*The breasts may be placed  
between sheets of wax  
paper and rolled thin with a  
rolling pin.*

Per Serving (excluding unknown items): 733 Calories; 56g Fat (68.9% calories from fat); 51g Protein; 6g Carbohydrate; trace Dietary Fiber; 228mg Cholesterol; 985mg Sodium. Exchanges: Grain(Starch); 7 1/2 Lean Meat; 7 Fat.