
Skillet Chicken Parmigiana

Flossie Vanderkooy

Nettles Island Cooking in Paradise - 2014

Servings: 4

1/4 cup olive or vegetable oil
1 cup onions, chopped
2 cloves garlic, finely chopped
1 can (28 ounce) crushed tomatoes
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
4 boneless/skinless chicken breasts
1/3 cup Italian style dry bread crumbs
1/3 cup grated Parmesan cheese
1 egg, beaten
1/2 cup shredded mozzarella cheese
2 tablespoons grated Parmesan cheese

In a saucepan, heat two tablespoons of the oil over medium heat. Add the onions and garlic. Cook for 2 minutes. Stir in the crushed tomatoes, sugar, salt and pepper. Heat to boiling. Reduce the heat. Cover and simmer, stirring occasionally.

Flatten the chicken to 1/4 inch thickness.

In a shallow dish, mix the bread crumbs and 1/3 cup of Parmesan cheese. Dip the chicken into the egg and then coat with the crumb mixture.

In a twelve-inch skillet, heat the remaining oil over medium heat. Add the chicken. Cook for 10 to 15 minutes, turning once. Pour in the tomato mixture around the chicken in the skillet. Sprinkle mozzarella cheese over the chicken. Cover and heat until melted.

Sprinkle with two tablespoons of Parmesan cheese just before serving.

Chicken

Per Serving (excluding unknown items): 635 Calories; 34g Fat (49.9% calories from fat); 70g Protein; 8g Carbohydrate; 1g Dietary Fiber; 258mg Cholesterol; 717mg Sodium. Exchanges: 0 Grain(Starch); 10 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.