

CHICKEN PARMIGIANA

INGREDIENTS

- 4 boneless, skinless chicken breast halves,
about 1½ pounds
- 1½ cups seasoned breadcrumbs
- 1¼ cups good quality Parmesan cheese, divided
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 2 large eggs
- 1 cup homemade or good quality jarred
Italian tomato sauce
- ½ cup ricotta cheese



PREPARATION

Rinse chicken breasts and pat dry. Using a sharp knife, carefully butterfly and separate each breast to create 2 thin pieces. Mix together breadcrumbs, ¼ cup of the Parmesan cheese, salt, and pepper on a plate.

Whisk eggs in a shallow bowl.

Dip each chicken piece in eggs and then coat with breadcrumb mixture.

Dip each in egg and then breadcrumbs again, patting with your fingers so crumbs stay in place.

Place speed oven combi rack over glass tray. Transfer cutlets to rack and top each with 2 tablespoons of tomato sauce. Distribute remaining cup of Parmesan cheese over each.

Slide tray with chicken into middle runners of speed oven.

Select Broil mode, followed by Combination Broil. Adjust microwave power to full and oven temperature to 350°F. Set Duration for 20 minutes and press Start.

When tone sounds, remove chicken from oven and distribute 1 tablespoon ricotta cheese over each cutlet. Return to oven and select Delay Start, followed by Duration for 2 more minutes.

Add time as necessary until chicken is cooked through. Serve hot.