

# Chicken Parmagiana

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*Worth the effort!*

<b>FLOUR - for dredging</b>		1/2 cup	Yellow Tail Shiraz Red Wine
<b>2 EGGS beaten with a 2 TB of milk for wash</b>		2 tsp	Sugar
<b>BREAD Crumb Mixture for dredging</b>		2 tsp	Basil Flakes
		1 can (156 ml)	Small Tomato Juice
3/4 cup	Panko flakes	1/2 tsp	minced garlic
3 TB	Kraft Grated Parmesan Cheese or better yet Fresh Basil Flakes salt and freshly ground black pepper to taste	<b>OTHER</b>	
		2	boned, skinned chicken breasts which I slice thickness wise in half so they are thinner.
3/4 TB			Parmesan Cheese - Fresh Grated for topping
<b>SAUCE</b>			
1 can (398ml)	crushed tomato with sweet onion		



- 1 Puree your crumb mixture in a Magic Bullet or processor and preheat the oven.
- 2 Dredge the chicken through the flour, then egg and then coat with the crumbs. Sauté in butter on medium heat till they are golden brown on both sides.
- 3 Bake in the oven for about 40 minutes or until done.
- 4 Heat the ingredients for the sauce and stir until as thick as you like it.
- 5 Serve with the sauce and your favorite pasta! Top with the fresh parmesan cheese

Servings: 2

## Degree of Difficulty

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Degree of Difficulty: Easy

Oven Temperature: 350°F

## Source

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Source: Out of My Head!

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