

CHICKEN PARMESAN (gluten free)



Chicken Parmesan, also known as chicken parmigiana, is one of my favorite Italian classic dishes. How can you miss with tender chicken, coated with seasoned breadcrumbs, topped with Italian cheeses and spaghetti sauce? This dish has flavor all the way through! Buon appetito!

Makes: 8 servings

INGREDIENTS:

Flour Mixture:

- ½ cup gluten free flour blend
- ½ tsp. salt
- ½ tsp. pepper
- 3 tsp. garlic powder

Bread Crumb Mixture:

- 1 cup gluten free bread crumbs
- ½ cup grated parmesan cheese

- ½ tsp. salt
- ½ tsp. pepper
- 3 tsp. garlic powder

Egg Mixture:

- 2 eggs
- A few Tbsp. milk

Other:

- 4 boneless, skinless chicken breasts
- A little oil to cook with
- 1 ¼ cups gluten free spaghetti sauce
- ¾ cup shredded mozzarella
- 8 slices provolone cheese

GETTING READY

1. Slice the provolone if it's not already sliced.
2. Shred the mozzarella if it's not already shredded.
3. Trim chicken, and pound each chicken breast to about ¼ to ½ inch thick. Cut each piece in half. Place in refrigerator.
4. Prepare bread crumb mix in soup bowl or platter as follows: Mix together bread crumbs, parmesan, salt, pepper, and garlic powder. Set aside.
5. Prepare flour mixture in soup bowl or platter as follows: Mix together flour blend, salt, pepper, and garlic powder. Set aside.
6. In large bowl, whisk together 2 eggs and milk. Set aside.
7. Pre-heat oven to 400 degrees.

LET'S GET STARTED

1. Coat each chicken piece as follows: Dredge a chicken breast through flour mixture, coating thoroughly on both sides.
2. Dunk chicken into egg mixture.
3. Dredge through bread crumb mixture, thoroughly coating on both sides, patting crumbs in firmly.
4. Repeat process with each chicken piece until all chicken is breaded.
5. Warm a few Tbsp. of oil in a large frying pan over medium heat.
6. When oil is hot, cook chicken pieces until both sides are light golden brown (about 4 minutes per side).

7. While chicken is cooking, spread a light coating of spaghetti sauce in the bottom of your 9 x 13 (or larger) baking dish. Only spread enough just to cover the dish...too much can cause chicken to become too soft.
8. When chicken is done frying, transfer all pieces to the baking dish.
9. Put a little sauce on each piece of chicken.
10. Lay a slice of provolone cheese over each piece of chicken.
11. Top each piece with some mozzarella.
12. Bake for about 15 minutes, or until chicken is fully cooked, and cheese is melted and bubbly.
(Baking time will depend on how thick your chicken is, so please keep an eye on it!.)
13. Remove from oven and serve!

Tip: *If you don't have a pre-made flour mix, you can instead use ¼ cup tapioca starch, and ¼ cup white rice flour, mixed together (that's what I use!).*

To Reheat: *Spray bottom of baking dish with non-stick spray, cover with tinfoil, and bake at 350 degrees for about 20 minutes, or until heated through.*