

Parmesan Crusted Chicken with Salad and Lemon Blue Cheese Vinaigrette

Adapted from an Ina Garten recipe



Based on a more simplified recipe from Ina Garten

2 1/2 pounds boneless skinless chicken breasts
(a half breast per person)

1 cup all-purpose flour

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

2 large eggs

1 tablespoon water

1 1/4 cups bread crumbs, seasoned

1/2 cup Parmesan cheese, grated, plus extra for
serving

2 tablespoons unsalted butter

2 tablespoons olive oil

4 cups greens, washed and spun dry

BLUE CHEESE VINAIGRETTE:

1/4 teaspoon salt

1/4 cup lemon juice

1/2 teaspoon sugar

1/2 teaspoon freshly ground black pepper

1/2 teaspoon celery seed

1 1/2 teaspoons dry mustard

2 ounces blue cheese, set aside, add at the end

1/2 cup vegetable oil

1/2 cup olive oil

1/4 cup Parmesan cheese, grated

Servings: 6

The nutrition count assumes you eat all of the salad dressing. You will use about half of it.

1. Prepare salad dressing first. Then, pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.
2. Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumbs mixture, pressing lightly.
3. Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts. Toss the salad greens with lemon blue cheese vinaigrette. Place a mound of salad on each hot chicken breast. Serve with extra grated Parmesan.

Per Serving (excluding unknown items): 887 Calories; 56g Fat (57.1% calories from fat); 58g Protein; 36g Carbohydrate; 2g Dietary Fiber; 207mg Cholesterol; 1069mg Sodium. Exchanges: 2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fruit; 10 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>