

Parmesan Crusted Chicken w/ Spaghetti

By: Cera Hardin (Feb 2009)

While there are many versions of this recipe, this is our family's modified version. Read the entire recipe before you begin. This is not difficult to prepare, it just takes a little more time.

1 hour prep | SERVES 4-6

Chicken Ingredients:

- 4 boneless skinless chicken breast halves (thawed)
- 2 egg whites
- 2 teaspoons cornstarch
- 1 cup Ritz crackers, crushed
- 2 tablespoon freshly squeezed lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon parsley (dried or fresh)
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup parmesan cheese, grated
- 3 tablespoons olive oil (for frying)



Optional Garnishes:

Fresh green onions (finely sliced) or fresh parsley (minced), Parmesan Cheese, Crushed Red Pepper.

Measure all your ingredients out into little saucers and cups except for the olive oil. Set those aside and prepare your sauce and noodles below. Then go to page two to prepare your chicken.

Sauce:

- 2 8 oz. Chunky Ragú Spaghetti Sauce (or your favorite brand), add
- 1 stalk of fresh celery, diced
- 6 fresh mushrooms, sliced (we like Baby Bella Mushrooms).



Place your sauce in a medium size pot along with the fresh ingredients and heat on low till bubbling then reduce heat to simmer until chicken is done.

Noodles:

- 1 package spaghetti noodles

Prepare following directions on the package. I usually add 1 tablespoon of salt and 3 tablespoon of olive oil to the boiling water. Don't over cook your noodles, this takes approximately 8-10 minutes. Have a strainer and bowl ready to drain the cooked noodles.



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Chicken Preparation:

1. You will need a meat tenderizer mallet to prep your chicken. Place your chicken breast in a gallon size zip lock bag and lightly pound with the flat side of the meat tenderizer mallet until the thickest part of the chicken is about 1/2 inch thick. You want the chicken to have an even thickness. Don't pound the chicken if less than 1/2 inch thick. After pounding, cut your chicken breast in half.
2. Blend egg whites, cornstarch, and lemon juice until the entire cornstarch is dissolved. Set this aside.
3. Combine the Ritz crackers, parmesan cheese, parsley, salt, black pepper, and lemon zest in a shallow bowl. Mix with a fork.
4. Individually dip the chicken breast first in the egg wash and then in the Ritz crumb mixture.
5. Heat your nonstick frying pan on medium-high heat first. Once the pan is hot, add the olive oil.
6. Sauté the crumb coated chicken in the olive oil for about 3-4 minutes on each side, or until golden brown and crisp. For a juicy chicken, do not over cook. (This is a two turn process).
7. Using a pancake turner, carefully remove the cooked chicken to a platter.
8. Prepare your entrée in the following manner: On a plate, layer the noodles, add a ladle/cup of spaghetti sauce, then top with the crusted parmesan chicken. Garnish with more parmesan cheese, crushed red pepper, and green onions or fresh minced parsley.
9. This meal is great with garlic bread and fresh garden salad.