MACB/DDS Education Series: Creative Cooking Classes

"FOCUS on Cooking!!"

Class 1 – ***Simple Scrumptious Supper***

➢ Perfect Chicken Parmesan Bake

- **Equipment**
  - Baking dish/pan, 8" x 16", preferably glass or metal, *greased*
  - Cutting board
  - Knife, paring
  - Meat tenderizer tool (looks like a metal hammer with a large textured head)
  - Plastic wrap, aluminum foil, baking parchment or silicone sheet pan liner
  - Bowls, medium, shallow – 3 (pie plates are perfect!)
  - Bowls, large, deep – 2
  - Baking sheet pans, medium and/or large – 2
  - Fork
  - Spoon
  - Aluminum foil (to cover baking dish)
  - Toothpicks

    *Optional: Sauté pan, large (for spinach)

- **Ingredients** (for 4-6 people)
  - Chicken, breasts – approx. 3#
  - Flour*, all-purpose – (2 cups) **GF types work well, too!* (add some grated parm if you like)
  - Eggs, blended – 3-5 depending on size

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- Breadcrumbs* (*avail. GF)*, Italian seasoned – (2 cups) **or try cornmeal!*
- Oil, vegetable, spray or liquid
- Tomato sauce* (use your favorite kind of prepared pasta sauce) – 1 (24 oz.) jar **try enchilada sauce instead and Cheddar-Jack cheese for a Mexican version!*
- Mozzarella cheese, part-skim, shredded – 1 (10 oz.) package
- Parmesan cheese, grated – 1 cup
- **Optional:** Spinach, fresh, washed/trimmed – 6c chopped (a large bag); Basil, fresh, washed/trimmed

Directions

- Preheat your oven to 350˚, making space for the middle rack.
- Trim, rinse and pat dry the chicken breasts. If quite thick, slice in half widthwise. Place a breast on one half of a piece of plastic wrap on a cutting board and fold the other half over the top of the piece of chicken. Pound with the tenderizing mallet until about 1/4" thick (or less) and repeat for each one. Set aside on a baking sheet pan and use a sheet of wax paper or plastic wrap to keep layers separate, if necessary.
- Line-up the three shallow plates/bowls: fill one with the flour, another with the blended eggs, the third with breadcrumbs.
- Moving quickly, dredge a piece of chicken in the flour and coat lightly, then dip into the eggs, letting excess run-off and then coat in the breadcrumbs. Place on a covered baking sheet pan and repeat for each piece of chicken. Arrange in a single layer and bake at 350˚ for about 20 mins. or until reaching an internal temp of **150**˚, checking at 15 mins. with a meat thermometer. Set aside.
- **Optional:** If desired, lightly cook the spinach in a bit of oil in the sauté pan and also set aside briefly.
- Cover the bottom of a lightly-oiled baking dish with a thin layer of pasta sauce. Make a SINGLE layer of the breaded chicken pieces. Sprinkle with a layer of mozzarella and then spoon some more pasta sauce over the cheese. *If including spinach, that would be the next layer. Then make another layer of chicken, sauce and cheese. Sprinkle some parmesan cheese over the top.
- Place a few toothpicks around the top of the dish to only 1/2" deep and gently cover with a large sheet of aluminum foil, being careful to not poke through and carefully sealing the sides by crimping/pinching the foil to the rim of the dish.
- Bake covered for about 20-30 mins. until bubbling and then remove foil, turn oven to broil and cook a bit longer until the top begins to brown.
- Serve with garlic bread and a delicious leafy green salad.

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"BUON APETITO!!"

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