

# *The Marv's Meats Recipe Collection #13*

## **Michael's Chicken Parmesan**

4 – boneless, skinless chicken breast halves, pounded to approx. 1/2 inch  
1/4 cup – olive oil  
2 – eggs  
1/4 cup – milk  
3/4 cup – bread crumbs  
1/2 cup – parmesan cheese, grated fine  
1 cup - flour  
1 tsp – salt  
1/4 tsp – black pepper  
3/4 cup – tomato/spaghetti sauce  
1 cup – mozzarella cheese, shredded

Pre-heat oven to 350°. Beat eggs & milk in a bowl. In a second bowl mix bread crumbs & 1/4 cup parmesan cheese. In a third bowl mix flour, salt & pepper. Dust breast halves in flour, dip in egg mixture, coat thoroughly with bread crumb mixture & place on a rack to dry – 15-20 minutes. Heat oil in a heavy skillet & brown chicken breasts 2-3 minutes on each side. Arrange breasts on a jellyroll pan coated with cooking spray & bake 25 minutes. Remove from oven & set oven to broil. Top each breast with a few spoonfuls of tomato/spaghetti sauce & 1/4 cup mozzarella each. Place under broiler until cheese is bubbly & starts to brown – 2-3 minutes. Sprinkle each with remaining 1/4 cup of parmesan. Serves 4.



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