

Chicken Parmigiana

Ingredients

1/3 Cup chopped onion (1 small)
2 cloves garlic, minced
1 Tablespoon butter
1 14.5 oz.can undrained diced tomatoes
1/2 Teaspoon sugar
1/2 Teaspoon salt
Freshly ground black pepper
1/4 Cup snipped fresh basil
4 skinless, boneless chicken breast halves
2/3 Cup seasoned fine dry bread crumbs
1/2 Cup grated parmesan cheese
1 teaspoon dried oregano
1 egg lightly beaten
2 Tablespoons of milk
3-6 Tablespoons vegetable oil
1/2 Cup shredded mozzarella cheese
4 Tablespoons of Parmesan cheese to sprinkle over chicken
1/2 box spaghetti (approximately 200 grams)

Directions

1. For sauce, in a medium saucepan cook onion and garlic in hot butter until onion is tender. Carefully stir in the undrained tomatoes, sugar, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes or to desired consistency, stirring occasionally. Stir in basil. Keep warm.
2. Meanwhile, with a meat mallet, pound each chicken breast half between two pieces of plastic wrap to 1/4-inch thickness.
3. In a shallow dish stir together bread crumbs, the first Parmesan cheese, and oregano. In another bowl stir together the egg and milk. Dip chicken breast halves in egg mixture, then in crumb mixture to coat. In a 12-inch skillet Cook chicken in hot oil over medium heat for 2 to 3 minutes on each side or until golden. Transfer chicken to a serving platter.
4. Spoon sauce over chicken. Top with shredded mozzarella and 1 tablespoon Parmesan cheese. Let stand about 2 minutes or until cheese melts or microwave. Makes 4 servings.