

# Sexy Chicken and Eggplant Parmesan

Adapted from Food & Wine "Quick from Scratch Chicken Cookbook"

**Takes:** 10 mins prep, 30 mins cook, 5 mins rest time

**Makes:** 4 servings

## You Need:

- 1 small eggplant (1 lb), cut to 1/4" rounds
- 4 Tbsp+ olive oil
- Salt
- Fresh-ground black pepper
- 1 lb boneless, skinless chicken breasts (roughly 3)
- 2 C canned crushed tomatoes in thick puree (If you can't find thick puree, you can use a 6-oz can of tomato paste in its place mixed with one 15-oz can crushed tomatoes, but add a bit more salt. I prefer it with the thick puree.)
- 1/2 lb fresh mozzarella, cut into thin slices as best you can
- 1/3 C freshly-grated Parmesan cheese
- 1/4 C lightly packed basil leaves, coarsely chopped
- a few small basil leaves, for garnish (optional)

1. Preheat broiler. On a large baking sheet, place eggplant in a single layer and using a basting brush, coat both sides of eggplant with about 3 Tbsp of olive oil. Sprinkle with a pinch of salt and pepper. Broil about 5 minutes per side, turning once, until browned. Turn off broiler and preheat oven to 425 degrees.



2. In a large nonstick pan, heat 1 tbsp olive oil over medium-high heat. Season chicken breasts with a bit of salt and pepper and add to the pan. When it's cool enough to handle, about 5 minutes later, cut the chicken crosswise into thin 1/4-inch strips. The middle will still be raw, but don't sweat it!

3. Grease an 8-inch square baking dish with some olive oil on a paper towel. Or butter it if you're feeling indulgent. Put a third of the eggplant in the dish in a single layer. Top it with half the chicken, half of the tomato, half of the mozzarella, a third of the Parmesan, half of the chopped basil, and a dash of salt. Repeat with another third of eggplant, the rest of the chicken, tomato, mozzarella, another third of Parm, and remaining chopped basil. Top with the rest of the eggplant and sprinkle with the rest of the Parmesan. Drizzle a 1/2 tablespoon of oil over this. Bake for 20 minutes (make your salad during bake time!) and let sit for 5 minutes before slicing and consuming wholeheartedly. You can top with small leaves of fresh basil if you so feel the need.

\*Recipe from KitchenAntics!