

## **PARMESAN CHICKEN**

Mix in large bowl:

3 cups flour  
1 tsp. nutmeg  
1 tsp. pepper

In 2<sup>nd</sup> bowl, mix:

2 cups dry bread crumbs  
3 cups grated parmesan cheese

In 3<sup>rd</sup> bowl, beat 1 1/2 doz. eggs

Coat boneless chicken breast with flour mixture, then dip in egg mixture and then coat with cheese/crumb mixture.

Brown pieces in melted butter flavored shortening.

Place in baking pan and bake at 350 degrees for 30-40 minutes.

## **SHAKE AND BAKE PARMESAN CHICKEN**

Mix in large bowl:

Shake and Bake mix for chicken  
3 cups grated parmesan cheese  
Oleo – drizzle over top

Bone chicken breasts if there is enough help.

Dredge chicken breasts in above mix. Bake in 350 degree oven for 30-40 minutes.