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Chow Bella Kids Chicken Parmesan



Chow Bella Kids Iron Chef Contest Team Green
Photo Susie Iventosch

This is an easy recipe for a parent and child to prepare together. Kids love pounding the chicken with a meat mallet. To shorten the cooking time, use a prepared marinara sauce.

INGREDIENTS

4 skinless, boneless chicken breast halves
1 cup all-purpose flour
1 teaspoon salt
2 eggs, beaten
1/2 cup grated parmesan cheese
1 cup bread crumbs seasoned
2 tablespoons olive oil
1 cup marinara sauce
1/4 cup fresh mozzarella
1 batch Marinara Sauce (recipe below)

Optional: serve over linguine

DIRECTIONS

Preheat oven to 375 degrees.

Pound the chicken breasts until they are 1/4 inch thick. A meat mallet works best for this.

Using three shallow dishes, combine flour and salt in one shallow dish. Place beaten eggs into another shallow

dish. In the third dish, mix together the grated parmesan cheese and bread crumbs. Dip chicken breasts into the flour mixture, then into beaten egg, and finally into bread crumb mixture to coat.

In a large skillet, heat oil over medium heat. Add coated chicken and saute for about 3 or 4 minutes each side, or until chicken is cooked through and juices run clear.

Pour marinara sauce into a lightly greased 9x13 inch baking dish. Add chicken, then place a slice of mozzarella cheese over a breast, and bake in the preheated oven for 20 minutes or until cheese is completely melted.

Marinara Sauce

INGREDIENTS

1/2 cup extra-virgin olive oil
2 small onions, finely chopped
2 garlic cloves, finely chopped
2 stalks celery, finely chopped
2 carrots, peeled and finely chopped
1/2 teaspoon sea salt
1/2 teaspoon freshly ground pepper
2 (32-ounce) cans crushed tomatoes
2 dried bay leaves

DIRECTIONS

In a large casserole pot, heat the oil over a medium high flame. Add the onions and garlic, and saute until the onions are translucent, about 10 minutes. Add the celery, carrots, and 1/2 teaspoon of each salt and pepper. Saute until all the vegetables are soft, about 10 minutes. Add the tomatoes and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 1 hour. Remove and discard the bay leaf. Season the sauce with more salt and pepper, to taste.



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