

Parmesan Chicken with Puttanesca Sauce

Brought to you by Christopher Aquilino, Culinary Specialist Earth Fare

Our free-range, all-natural baked chicken breast dressed with toasted sliced almonds and Parmesan cheese finished with a sultry slow-cooked caper and olive marinara sauce.

Ingredients

Chicken breast, Parmesan cheese, breadcrumbs, parsley, liquid eggs, crushed tomato, garlic, onions, fresh herbs, Kalamata olives, capers, salt and pepper.

1. In a mixing bowl, combine $\frac{3}{4}$ cup Parmesan cheese with $\frac{1}{4}$ cup breadcrumbs and 1 Tablespoon parsley. Mix thoroughly.
2. Wearing a pair of gloves, place two (2) 4 ounce chicken breasts into the liquid eggs and coat thoroughly.
3. Remove the chicken breast from the eggs and then dredge the chicken into the breadcrumb/Parmesan mixture. Be sure to coat both sides well.
4. Spray the bottom of a 4 x 6 pan and place the chicken breast side by side into the pan.
5. In a clean bowl, combine 1 $\frac{1}{2}$ cups of tomato sauce with $\frac{1}{3}$ cup Kalamata olives and 1 Tablespoon capers. Mix well.
6. Pour the sauce over the chicken breast, garnish with some parsley over the top and, if you like, go ahead and say BAM!

Cooking Instructions

Thaw in refrigerator (1-2 days). Heat 2 Tablespoons olive oil in a skillet over medium heat. Working in batches, cook in oil, about 7 minutes per side or until a thermometer reads 170 degrees. Remove.

Remember: Every oven is calibrated differently so actual cooking time may vary!

Half Entrée: Reduce oil to 1 Tablespoon. No additional adjustments necessary.

Serving Suggestions: Mixed roasted vegetables and *Flying Tomato* Cabernet