

## Chicken Parmesan [from [Eat Live Run](#)]

<http://pajamachef.wordpress.com/2011/03/14/ott-chicken-parmesa>

### Ingredients:

- 4 chicken breastshalves, beaten into oblivion (okay fine, pounded)
- 2 c Panko breadcrumbs
- 2 eggs
- 1/2 c flour
- 1/4 c milk
- 1 c shredded mozzarella
- 2 oz pepperoni
- 1/4 c parmesan cheese
- 1 jar marinara or pasta sauce
- 1/4 c canola oil
- spaghetti or fettuccini noodles, cooked

### Directions:

As always, begin by preheating the oven. In this case, to 450 degrees. Combine the eggs and milk in a shallow dish. In another shallow dish, spread out the bread crumbs. In yet another shallow dish, place the flour. Arrange the dishes in a neat little line. After pounding the chicken breasts (don't go overboard or it'll break into small pieces), dunk one breast at a time in each dish, starting with the dairy blend (not to be confused with store brand yogurt) and so on and so forth. Heat the oil in a large skillet over medium heat. Place the chicken breasts in the oil and fry them until they are delicious-looking golden brown and cooked through. Drain the chicken of any excess moisture (if there is any, I had no need for it). Lay the fried chicken breasts in a greased casserole dish. Smother them in the pasta sauce, parmesan, and mozzarella cheeses. Last, but certainly not least, place the pepperoni on the top. Bake for 15 minutes and serve with spaghetti or fettuccini noodles. Enjoy.

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