



Barefoot Contessa Chicken Parmesan With Greens & L

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Ingredients

4 to 6 boneless, skinless chicken breasts
1 cup all purpose flour
1 tsp salt
1/2 tsp freshly ground pepper
2 extra large eggs
1 tbsp water
1 1/4 cups seasoned dry breadcrumbs
1/2 cup grated Parmesan, plus extra for serving
unsalted butter
olive oil
salad greens for 6, washed and spun dry
1 recipe Lemon Vinaigrette

Lemon Vinaigrette

1/4 cup freshly squeezed lemon juice (2 lemons)
1/2 cup olive oil
1/2 tsp salt
1/4 tsp freshly ground pepper

Whisk all ingredients together in a small bowl.

Instructions

Pound the chicken breasts till they are 1/4 inch thick. Use a meat mallet or rolling pin.

Combine flour, salt and pepper on a dinner plate. On a second plate, beat the eggs with 1 tbsp of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread crumb mixture, pressing lightly.

Heat 1 tbsp butter and 1 tbsp olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil, and cook the rest of the chicken breasts. Toss the salad greens with the lemon vinaigrette. Place a mound of salad on each hot chicken breast, serve with extra Parmesan.