

Parmesan Chicken

Chicken serves 6.

Ingredients

CHICKEN

- 2 ½ lbs boneless chicken breast, sliced into strips
- ½ lb butter, melted
- 1 cup flour, any kind of white flower will do
- 1 cup Parmesan cheese, grated
- 1 cup Parmesan cheese, shredded
- Salt and pepper to taste

DRESSING

- ½ cup canola oil
- ½ cup olive oil
- ½ cup Parmesan cheese, grated
- ½ cup lemon juice
- 1 tsp black pepper
- 1 tsp salt
- 1 Tbls garlic, minced

SALAD

- Romaine Lettuce for six salads

Directions

1. Preheat the oven to 425° and line 2 sheet pans with parchment paper and spray with Pam or oil. Also start melting the butter.
2. Cut the chicken breast into strips about 1/2 inch around and 2 inches long.
3. In a bowl, mix the flour, grated Parm, shredded Parm, and some salt and pepper.
4. Dip pieces of chicken in the butter, then dredge in the flour-Parm mixture and place on a sheet pan.
5. Put the sheet pans in the preheated oven for 16 minutes and then turn to Broil for 2 minutes until browned. When you broil in the oven, the elements typically take a minute before they start doing the trick, so it is important that you turn on your oven light so you can see them browning. Don't leave until you pull them out and turn off the oven.
6. Make the Dressing: While the chicken is cooking, mix all the dressing ingredients in a mason jar and shake. Gervais says it lasts forever (but Laura says that is not completely true; let's just say it will last awhile).
7. Wash and cut up your romaine.
8. Serving: Place romaine on the plate, add some chicken, and top with dressing. Enjoy!

Greystone