

Betty's Choice Chicken Parmesan



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In this video, Betty demonstrates how to make Choice Chicken Parmesan. This is a hearty Italian-style entrée that is very simple to make—and very tasty, too!

Ingredients:

½ pound uncooked spaghetti
1 teaspoon salt
4 uncooked boneless, skinless chicken breast halves, pounded with a meat mallet until about 1/2 inch thick
freshly ground sea salt, to taste
freshly ground black peppercorns, to taste
½ cup Italian-style fine, dry breadcrumbs
¼ cup freshly grated Parmesan cheese (You may use the canned variety for convenience.)
1/3 cup all-purpose flour
1 egg, well-beaten
3 tablespoons peanut oil
cooking oil spray
2 cups bottled Italian sauce + 1 additional cup bottled Italian sauce
1 cup shredded mozzarella cheese

Place a generous amount of water in a large pot, leaving at least 1 inch at the top. Bring to a boil and add 1 teaspoon salt. Add ½ pound spaghetti and boil, stirring occasionally, until spaghetti is al dente. Drain spaghetti and place on a platter. Cover spaghetti with aluminum foil to keep it warm. Meanwhile, prepare the 4 chicken halves, by pounding them with a meat mallet. Place 1/3 cup flour in a shallow dish and set aside. In a small mixing bowl, beat 1 egg until it is well beaten and set aside. Combine ½ cup Italian breadcrumbs and ¼ cup freshly grated Parmesan cheese in a shallow dish and set aside. Dredge 1 chicken breast half in the flour. Dip it in the beaten egg and dredge it in the Parmesan-breadcrumb mixture. Place on a platter and repeat the process with the other 3 chicken breast halves. Heat 3 tablespoons peanut oil in a large heavy skillet. Add the 4 pieces of breaded chicken and cook 3 to 4 minutes on each side, or until done. Uncover the cooked spaghetti and transfer it to a 9-inch by 13-inch by 2-inch baking dish, which has been sprayed with cooking oil spray. Arrange the spaghetti into an even layer. Pour 2 cups Italian sauce over the top of the spaghetti and spread until smooth. Place the 4 cooked chicken half breasts on top of the spaghetti and sauce. Pour 1 additional cup of Italian sauce over the top of the chicken breasts and smooth it out. Sprinkle the entire casserole with 1 cup of shredded mozzarella cheese. Place casserole in oven that has been preheated to 350 degrees (F), and turn the oven to "broil." Broil 4 or 5 minutes, or until cheese melts and begins to brown. Remove from oven and serve immediately. Buon appetito! Love, Betty ♥