

# Betty's Crispy Oven-Baked Parmesan Chicken Breast Recipe



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In this video, Betty demonstrates her one-of-a-kind Crispy Oven-Baked Parmesan Chicken Breast recipe. It consists of individual chicken breast servings that are flavored with Parmesan cheese and parsley. Also, it is baked in the oven, so it is *\*very\** easy to do! A favorite with everyone!

Ingredients:

2 1/2 pounds uncooked chicken breasts, cut to individual serving sizes  
meat tenderizer, to taste  
1 inner packet of Ritz crackers, finely crushed  
3/4 cup grated Parmesan cheese  
2 tablespoons fresh chopped parsley  
1 stick of butter or margarine, melted  
cooking oil spray  
fresh ground black pepper, to taste

Use kitchen shears to remove any excess fat from your chicken breasts. Now, sprinkle them lightly with meat tenderizer, top and bottom. Next, make your coating: In a ziplock plastic bag, empty 1 inner packet of Ritz crackers, close the bag, and use a dough roller to crush the crackers until they are very fine. Open the bag and add in 3/4 cup grated Parmesan cheese and 2 tablespoons of fresh chopped parsley. Close the bag, and shake vigorously to complete your coating mixture. Spray a 13-inch by 9-inch by 2-inch baking dish with cooking oil spray. Take one chicken breast at a time and dip it into the melted butter or margarine, then into the coating mixture, and then place it in your baking dish. If there is any coating mixture left over, sprinkle it on top of your coated chicken breasts. If there is any melted butter or margarine left over, drizzle it over the top. Place Parmesan-coated chicken breasts in a 350 degree oven for 45 minutes. Remove from oven, and serve immediately. It's just the best!!!