

JOE'S ON ARTHUR – Leo Tycholiz

Chicken Parmesan with Marinara Sauce

Chicken Parmesan

Chicken breast, pounded flat
Flour
Eggs, beaten
Parmesan cheese, grated fine

Dip chicken breast in flour, then in eggs, and finally in parmesan cheese. Brown chicken breasts in frying pan in canola oil.

Marinara Sauce

Crushed tomatoes
Parmesan cheese
Garlic
Bay leaf
Rosemary
Hot sauce
Tomato paste

Mix all ingredients except for tomato paste. Simmer for two hours over low heat. Add tomato paste to thicken and heat.

Arrange chicken breasts on platter and cover with marinara sauce. Can be served with pasta.