

Easy Chicken Mozzarella

SERVES: 4 | Total Time: 40 minutes

INGREDIENTS:

4 boneless, skinless chicken breasts
1 cup flour
2 eggs, beaten
1/2 tsp milk or water
2 cups Italian Seasoned Bread Crumbs
2 tsp olive oil
1 jar marinara sauce
1/2 lb whole wheat pasta
Salt, to taste
1/2 cup shredded mozzarella

DIRECTIONS:

1. Butterfly each chicken breast. Cover with plastic wrap and pound to about 1/4 inch thick. Cover with flour and set aside. In a large saute pan, heat olive oil to medium high.
2. In a large plastic bag, combine beaten eggs and water or milk. On a large plate or shallow dish, pour the bread crumbs into the bottom. Dip floured chicken filets into the egg mixture, and then coat with bread crumbs. Cook over medium high for 3 to 4 minutes on each side, until golden brown and cooked through. You may need to cover with a lid to ensure the inside cooks.
3. In a large pot, bring roughly 5 cups of water to a boil. Season

water with salt. Once boiling, cook your pasta until al dente. Directions should be on the package. Once cooked, drain and reserve.

4. Once chicken is cooked, make a bed of pasta on each plate. Spoon about 1/2 cup of marinara over the pasta. Top with a chicken filet. Spoon a tablespoon of marinara over the chicken and finally finish with a pinch of mozzarella (or two slices).

5. In a broiler, brown the cheese until it begins to bubble, about 3 minutes.