

## **Parmesan Chicken Paillards**

### **Serves 4 to 6**

4 to 6 boneless, skinless chicken breasts

1 cup all-purpose flour

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

2 extra-large eggs

1 tablespoon water

1 1/4 cups seasoned dry bread crumbs

1/2 cup freshly grated Parmesan, plus extra for serving

Unsalted butter

Good olive oil

Place each chicken breast between two gallon-size ziplock bags and gently pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.

Combine the flour, salt, and pepper in an 8x8 pan. In a second 8x8 pan, beat the eggs with 1 tablespoon of water. In a third 8x8 pan, combine the bread crumbs and 1/2 cup Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumbs mixture, pressing lightly.

Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts.

Traditionally, salad greens are tossed with lemon vinaigrette, and a mound of the salad is placed on each hot chicken breast and topped with extra grated Parmesan.

Lemon Vinaigrette:

1/4 cup freshly squeezed lemon juice (2 lemons)

1/2 cup good olive oil

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.