



## Diane Balda's Chicken Parmesan Crusted Chicken

This recipe is from Cuisine at Home

### Ingredients:

- 2 boneless skinless chicken breast halves (6-8 oz. each)
- 2 egg whites
- 2 teaspoons cornstarch
- Juice of 1/2 lemon
- 1 cup Panko bread crumbs
- 1/2 cup Parmesan cheese, grated
- 1 tablespoon chopped fresh parsley
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Zest of 1 lemon
- 3 tablespoons olive oil

Preheat oven to 450°

Prepare chicken breasts; cut each in half lengthwise down the center. Place chicken in a plastic bag with a little water inside. Lightly pound to an even thickness.

Blend egg whites, cornstarch, and lemon juice with a fork in a wide, shallow dish.

Combine bread crumbs, parsley, salt, pepper, and zest in a second wide, shallow dish.

Dip both sides of the chicken into egg white mixture. Transfer the chicken to the crumb dish. Pat crumbs on both sides of chicken. Air dry on rack 20-30 minutes.

Heat oil in large non-stick pan. Sauté chicken until golden, 3 minutes. Carefully flip chicken, then transfer pan to oven. Roast chicken in the oven 8 - 10 minutes, until cooked through.

Serves 4.