

## Parmesan Crusted Chicken-serves 4



2 boneless, skinless chicken breasts (8 ounces each), tenderloins removed, breasts trimmed of excess fat and halved horizontally

Salt and ground black pepper

1/4 cup unbleached all-purpose flour plus 1 tablespoon

1/2 ounce grated Parmesan cheese (about 1/4 cup)

3 large egg whites

2 tablespoons minced fresh chives (optional)

6 ounces shredded Parmesan cheese (about 2 cups)

4 teaspoons olive oil

1 lemon, cut into wedges (optional)

Pound chicken breasts to 1/4" thick. Salt and pepper to taste.

In a pie plate, combine 1/4 cup flour and grated Parmesan. In a second pie plate, whisk egg whites and add chives if using. In a third pie plate, combine 2 cups shredded Parmesan and remaining tablespoon of flour.

Working with one piece of chicken at a time, dredge chicken in flour mixture; shake off excess. Dip in egg white mixture, let excess drip off. Dredge in shredded Parmesan mixture, then place on a wire rack placed atop a baking sheet. Repeat with remaining chicken.

Heat two teaspoons of oil in a 12-inch nonstick skillet over medium heat. Add chicken (you may need to cook it in two separate batches so your pan isn't crowded) and cook for about three minutes, or until the cheese on the underside is golden brown. Carefully flip chicken and cook for another 3 minutes, or until the underside is golden brown and the chicken is cooked through. Repeat with remaining chicken and oil.

Serve with lemon wedges, if desired.