

Herb Parmesan Chicken Tenders

(Makes 4 large servings or 6 small servings)

Ingredients:

Olive oil and butter, for frying

1½-2 lbs chicken breast tenders

Salt and pepper

1 cup unbleached all-purpose flour

2 large eggs, beaten with 2 TBSP milk

2 cups Italian style bread crumbs

1 cup grated Parmesan (recommended Parmigiano Reggiano)

6 sprigs fresh thyme leaves, finely chopped (approx. 2-3 TBSP)

1 handful flat leaf parsley, chopped (approx. 2-3 TBSP)

4 cloves garlic, finely chopped

1 teaspoon crushed red pepper flake (optional)

Season chicken tenders with salt and pepper and wash hands. Place the flour in one dish, the beaten eggs in a second dish and in a third dish mix together the 7 breading ingredients (bread crumbs through pepper flake). Line up the 3 dishes in an assembly line, preferably next to the stove.

****TIP:** To keep hands clean use plastic gloves when breading the chicken.

****TIP:** To ease cleanup, use disposable aluminum pie tins for the flour, egg and breading stations.

Coat the chicken in the flour, dusting off excess. Then dip the chicken into the egg, gently shaking off excess and finally dredge into the herb/breading/cheese mixture and coat liberally.

Heat approx. 2TBSP each of oil and butter in a large frying pan over medium to medium-high heat. Working in batches, fry the breaded chicken tenders in a single layer (approx. 4-5 tenders) until golden brown, approximately 3-4 minutes per side, adding more oil/butter as necessary. Transfer to a clean plate and continue with the rest.

****TIP:** If the chicken begins to brown too quickly before being cooked through, lower the heat slightly

Serve hot or cold with salad, pasta and marinara sauce or top with shredded cheese and place in a broiler until melted for a traditional chicken parmesan.