



Panko Chicken Parmesan

(Serves 6)

Ingredients:

6 boneless skinless chicken breasts

1 cup Panko bread crumbs

garlic powder

salt & pepper

dried basil

parmesan cheese, Romano cheese, or both

For mayonnaise mixture:

1 cup mayo (can be light)

4 chopped green onions

1/2 cup parmesan cheese

1/4 cup fresh lemon juice

fresh chopped garlic

Garlic Butter:

1. Melt 1 cube butter in pan

2. Add 4-5 cloves of minced garlic and let infuse

3. Keep extra butter in fridge.

Directions:

1. Cut chicken breast if it is too large. Pound to make even.

2. Dredge in mayo mixture.

3. Pat on Panko mixture

4. Place on sheet pan sprayed w/ Pam cooking spray

5. Drizzle w/ garlic butter and bake at 350 degrees for 20-25 min.

Do not over cook. Temperature should be 155-160 with instant read thermometer.