

Fast Easy Recipe for February

PARMESAN CHICKEN

It's a favorite with my kids too. I hope it becomes one of your favorite quick meals! (Please note that this recipe makes 8 servings. You can easily halve it to serve a smaller group.)

Preheat oven to 350F

- 1/2 cup/125 mL butter, melted
- 1 tsp/5 mL Worcestershire sauce
- 1/2 tsp/2 mL garlic powder
- 1 cup/250 mL dry bread crumbs
- 1 cup/250 mL grated Parmesan cheese
- 2 Tbsp/30 mL dried parsley
- 8 chicken breasts, boneless and skinless

1. In a shallow bowl, combine the butter, Worcestershire, and garlic powder.
2. In another shallow bowl, combine the bread crumbs, Parmesan, and parsley.
3. Dip each chicken piece into the butter mixture, then into the crumb mixture.
4. Place the chicken in a single layer in a baking pan.
5. Bake for about an hour, or until no longer pink inside.