

Chicken Française



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
steamed asparagus



**MONEY.
Cook's
SAVER.**

This classic, crispy-coated recipe works deliciously with many meats. Try pork cutlets, veal cutlets—even fish fillets. Purchase the weekly supermarket bargain to use in this recipe.

SHOPPING LIST

- chicken • Parmesan cheese
- lemon

ON HAND

- flour • eggs • dried parsley
- salt • pepper • olive oil
- butter

INGREDIENTS

- 1/2 cup all-purpose flour
- 4 skinless, boneless chicken breasts (4 ounces each), pounded to 1/4-inch thickness
- 3 eggs
- 1/3 cup Parmesan cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 tablespoon butter
- 3 tablespoons lemon juice (about 1 lemon)

SERVES 4

COOK'IN
Express

• You can use chicken tenders if you are in a hurry. They do not need pounding and will cook in about half the time.

Make Ahead

Coat the chicken with flour up to 2 hours ahead. Refrigerate, covered, until ready to use.

♦ VARIATION

For a French flair, use an equal amount of dried tarragon instead of the parsley.

1 Place flour in a shallow bowl. Roll chicken in flour to coat. Shake off excess.



2 Beat eggs, Parmesan, parsley, salt and pepper in a small bowl with a whisk or a fork until foamy. Heat olive oil and butter in a large skillet over medium-high heat.

3 Dip chicken in egg mixture, letting excess drip back into bowl. Place in skillet. Cook chicken until browned, about 3 minutes per side.



4 Squeeze lemon over chicken in skillet. Cook for about 1 minute longer. Remove from skillet. Serve immediately.