

CHICKEN PARMESAN, FULLY



THE COOKFUL

Edited by Christine Pittman and Amy Bowen

Chicken Parmesan, Fully

Chicken Parmesan (a. k. a. Chicken Parm or Chicken Parmigiana, depending on the level of familiarity between you and this dish) is an Italian-American classic. We see it on the menu of every neighborhood Italian restaurant and many of us make it as a weeknight dinner at home. It's so recognizable and well-loved that there are riffs on it all over the place too. I especially notice it as an option on sub and sandwich menus and recently I saw Chicken Parm Benedict on a brunch menu, which made me swoon a bit.

What is it about Chicken Parmesan that makes it so lovable? Well, you've got a tender piece of chicken breast meat, which is a big favorite here in the U.S.. It's breaded and fried until golden and crispy. I honestly can't resist a chicken cutlet like this, especially when topped with amazing things. And in the case of chicken parm, it IS topped with amazing things: Lots of melted cheese and tomato sauce. So you've got...

- Tender
- Crispy
- Gooney
- Saucy

How could anyone not love it?



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I think it's also about how basic this dish is. It's just meat, cheese and sauce. Simple wins, right? And it's satisfyingly filling.

Those are the reasons I think we love it. There are probably others. As you read through this ecookbook, give some thought to what your favorite things about this dish are. There will be a lot of inspiration. By the end, you're going to be a Chicken Parm expert and you'll know all the ins and outs of making this dish better than ever.

We're covering how to make chicken cutlets (both traditional and healthier oven-baked ones), how to make your own tomato sauce, a Classic Chicken Parmesan recipe and then a whole bunch of twists, like, Slow Cooker Chicken Parmesan, Grilled Chicken Parmesan, Skillet Chicken Parmesan, Chicken Parmesan Baked Pasta, Chicken Parmesan Meatballs and more and more. This is a seriously delicious book. Enjoy!

Now, let's get sauced!

Christine



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How to Make Breaded Chicken Cutlets

By Christine Pittman

Learn the steps and secrets to making delicious chicken cutlets. They're so versatile and easy to make once you know how.

Breaded chicken cutlets are fairly easy to make, they just take a few steps. Once you know how to make them, you'll do it all the time because they're really versatile. We've got them here as part of [our Chicken Parmesan series](#) but really, they belong in so many other places too. Learn the steps for how to flatten out chicken breasts and how to bread them and then cook them below.

Breaded Chicken

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Step 1: Put a chicken breast between two sheets of plastic wrap. This is to keep things cleaner since the plastic wrap will stop the chicken from splattering. Get out a flat meat mallet and get ready for a smack down!



Step 2: Pound the breast working from the middle outwards until it is about 1/4 of an inch thick. This can yield a very large cutlet. You can always cut it in half before breading it if it's too big for your purposes.



Step 3: Transfer chicken with plastic to another surface. You can stack these chicken and plastic wrap layers and then the chicken pieces don't stick to each other.



Step 4: Preheat oven to 400°F. Measure flour into a large shallow bowl or pie plate. Crack some eggs into a second shallow bowl. Measure plain dry breadcrumbs into a third. Note that you can season the breadcrumbs and also the flour. But only put salt in one of the two, otherwise the coating will be too salty.



Step 5: Now you're going to bread the chicken. This process of using flour, egg and breadcrumbs to bread something is called "to paner". That's a fancy French word. You can totally just say "to bread," that's cool with me.

Lay a flattened chicken piece flat in the flour. Flip it over. The dampness from the chicken will cause the flour to adhere creating a fine white dusting all over. Once coated, lift it out and shake it off to remove any excess flour.

Breaded Chicken Cutlets

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Step 6: Transfer chicken to the egg bowl. Let it sit with one side in egg for a moment and then flip. What's happening here is that the wet egg is soaking into the flour and forming a thick wet layer on the outside of the chicken.



Step 7: Lift the chicken out and allow excess egg to drip off.



Step 8: Lay the chicken flat in the breadcrumbs. Scoop breadcrumbs from around the sides of the bowl up and onto the chicken. Use your hands to press down on the breadcrumbs to help them adhere. Flip the chicken and repeat. Arrange breaded chicken cutlets in a single layer on a large plate, or separate layers with plastic wrap.



Step 9: Get out a large skillet. I love my big cast iron one. It's really heavy and really really big and really really really amazing. Coat the bottom of the skillet with 1/8 inch of vegetable oil. Heat over medium heat until the oil is very hot and shimmering. Add two chicken cutlets. Cook until brown underneath, 2-3 minutes.



Step 10: Use tongs to flip them over. Cook until the underside is brown, another 2-3 minutes.



Step 11: Transfer browned cutlets to a rack set over a baking sheet. Bake at 400°F until cooked through and firm to the touch, 8-10 minutes.

Breaded Chicken Cutlets

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Yield: 4 servings

Prep Time: 30 minutes

Cook Time: 10 minutes

Total Time: 40 minutes

Ingredients:

4 (6oz.) boneless skinless
chicken breasts

1 and 1/2 cups plain dry
breadcrumbs

1 tsp. dried thyme

1/2 lemon, zested

1/2 tsp. salt

1/4 tsp. ground black pepper

1/2 cup all-purpose flour

2 eggs

vegetable oil

1. Put a chicken breast between two sheets of plastic wrap. Use a flat meat mallet to pound it to 1/4 inch thick. Repeat with remaining chicken breasts.
2. In a large shallow bowl, combine breadcrumbs, thyme, lemon zest, salt and black pepper. Into another shallow bowl, crack eggs and beat to combine. Into another shallow bowl, add flour.
3. Preheat oven to 400°F.
4. Dredge a chicken piece in flour, coating lightly on all sides. Then put it into the eggs, coating it fully. Place it onto the breadcrumb mixture. Use your fingers to mound breadcrumbs on top of chicken piece then press down to adhere crumbs to the chicken. Flip and repeat. Place chicken on a large plate. Repeat with the rest of the chicken pieces.
5. Set a wire rack over a baking sheet.
6. In a large skillet add enough vegetable oil to cover the bottom completely by about 1/8 inch. Heat skillet over medium until very hot shimmering. Add two chicken breasts in a single layer and cook until brown underneath, about 2-3 minutes. Flip and brown on the other side. Transfer to rack. Repeat this cooking step with the other two breasts.
7. Transfer chicken, rack and baking sheet to the oven and bake until cooked through and firm, about 8-10 minutes.



Baked Chicken Cutlets

By Christine Pittman

If you don't want to fry chicken, don't worry. Here's a method for baked chicken cutlets that gives you a crispy crust and juicy meat inside.

Today, we've got a leaner baked version of chicken cutlets. These use egg whites mixed with dijon mustard to get the breadcrumbs to stick. So you're skipping the flour and the egg yolks here. The browning of the chicken happens because you mix a small amount of oil with the breadcrumbs. When they get into the hot oven, the oil lightly toasts the crumbs. There's also some Parmesan cheese mixed with the breadcrumbs. This cheese crisps up a bit and gives some extra crunch along with flavor.

Here we have a leaner baked version of chicken cutlets for you. Not to find out how to fry the cutlets (you're baking yours, right?) but to get tips on pounding chicken flat. There's lots of good info on the steps involved.

Baked Chicken Cutlets

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Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

2 (6 oz.) boneless skinless
chicken breasts

1 and 1/4 cups plain
breadcrumbs

1/4 cup grated Parmesan
cheese

2 Tbsp. vegetable oil

1 tsp. dried thyme

1/2 tsp. salt

1/4 tsp. ground black pepper

2 egg whites

2 tsp. Dijon mustard

1. Preheat oven to 400°F.
2. Pound chicken breasts to equal 1/4 inch thickness.
3. In small shallow bowl or pie plate, combine breadcrumbs, Parmesan cheese, vegetable oil, thyme, salt and ground pepper.
4. In another shallow bowl combine egg whites and Dijon mustard.
5. Dredge chicken in egg mixture then the breadcrumb mixture.
6. Place chicken on a wire rack set on a baking sheet.
7. Repeat with remaining chicken and then bake until cooked through and crispy, about 20-25 minutes.



Homemade Tomato Sauce

By Christine Pittman

Homemade tomato sauce tastes so much better than from a jar, and it's super easy to make.

You can absolutely buy pre-made tomato sauce to make Chicken Parmesan. It will work really well. I tend to buy low-sodium or no-salt-added tomato sauce. That way I control the amount of salt that goes into it. For a dish like the chicken parm, the breading has salt and the cheese has a lot of salt. So you don't want or need a salty tomato sauce.

You can totally buy tomato sauce, as mentioned. But if you want to try something different, go the whole nine yards, then it's time to make your own tomato sauce. The sauce I've got for you here is made using canned tomatoes. Why not use fresh tomatoes? You totally can. I just find that a fresh tomato is best when it's the only star of the show. Also, to make sauce from fresh tomatoes you need garden-fresh summer tomatoes. Those aren't around right now. If you happen to be reading this and it's summer where you are and you want to go for the gold,

Homemade Tomato Sauce

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have a look at [the Serious Eats fresh tomato sauce discussion](#) and [recipe for fresh tomato sauce](#). I love those guys!

If it's not summer where you are, then you've gotta go with canned tomatoes. I use San Marzano tomatoes because they're a bit sweeter and a bit less acidic than other canned tomatoes.

What else is in this tomato sauce? There's some onion and garlic in there. Salt and pepper, of course. And then the surprise ingredients are...

Butter and sugar.

The butter adds a nice rich note to the sauce. The sugar, just a little bit, really brings out the sweetness in the tomatoes.

I think you're really going to love making (and eating) your own homemade tomato sauce. Dive in!

Homemade Tomato Sauce

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Yield: 4 cups

Prep Time: 5 minutes

Cook Time: 1 hour

Total Time: 1 hour and 5 minutes

Ingredients:

2 (28 oz.) cans whole tomatoes with their juices (ideally San Marzano tomatoes)

1 small onion, chopped

2 cloves garlic, minced

1/4 cup unsalted butter

1/4 tsp. salt

1/8 tsp. black pepper

sugar (optional)

1. In a medium sauce pan combine canned tomatoes, onion, garlic, butter, salt and pepper.
2. Bring to a boil over high heat.
3. Reduce to a simmer. Simmer partially covered for 1 hour.
4. Use an immersion blender to puree it or transfer half to a blender, blend and then blend the other half.
5. Taste. If the sauce isn't sweet enough, add sugar 1 teaspoon at a time, tasting after each addition to see if it has the flavor you like. Season with additional salt and pepper, if desired.



Classic Chicken Parmesan

By Christine Pittman

Get our recipe for the classic dish that everyone loves, Chicken Parmesan. It's easy to make and we have lots of great tips for making it better than ever.

It's finally time to make Chicken Parmesan! What you're going to do is pound some chicken breasts flat and then bread them. Once breaded, you pan-fry them to a crunchy golden brown and then finish cooking them in the oven, just for a short time. After the chicken is cooked, you top it with tomato sauce and shredded mozzarella cheese. It goes back into the oven to melt the cheese and heat the sauce. Sprinkle everything with lots of shredded Parmesan cheese and dig in!

Classic Chicken Parmesan

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Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

1 and 1/4 cups plain
breadcrumbs

1 tsp. dried thyme

2 Tbsp. grated Parmesan
cheese plus 1/4 cup

1/2 tsp. salt

1/4 tsp. ground black pepper

1/2 cup all-purpose flour

2 eggs

2 (6oz.) skinless and boneless
chicken breasts (or 4 chicken
cutlets)

vegetable oil

1 cup tomato sauce

1 cup shredded mozzarella
cheese

1. Preheat oven to 400°F. Cut chicken breasts in half horizontally to create cutlets. Pound to 1/4 inch thickness.
2. In small shallow bowl or pie plate, combine breadcrumbs, thyme, 2 tablespoons of the Parmesan, 1/2 teaspoon of the salt and the black pepper. In another shallow bowl crack eggs and beat to combine. In another bowl add flour.
3. Moisten chicken lightly with water. Dredge chicken in flour, then eggs, then the breadcrumb mixture. Place chicken on plate and repeat with the rest of the chicken.
4. In a large skillet add enough vegetable oil to cover 1/8 inch. Heat skillet over medium until shimmering. Add two chicken cutlets and cook until brown, about 1 and 1/2 minutes per side. Transfer to a wire rack lined baking sheet. Add more oil to the skillet and repeat cooking the other two breasts.
5. Transfer chicken, wire rack and pan to oven. Bake until cooked through and firm, 8-10 minutes.
6. Transfer chicken to the pan, set wire rack aside. Top chicken with tomato sauce and mozzarella cheese. Bake until cheese is melted and sauce is hot, 5 minutes.
7. Garnish with remaining 1/4 cup of Parmesan cheese. Serve.



Slow Cooker Chicken Parmesan

By *Christine Pitmman*

Throw everything in the slow cooker and hours later come home to yummy chicken parm.

Chicken Parmesan is a great dish for when friends are coming over and you feel like puttering a bit in the kitchen. What if you have less time? What if you want to show up at home and dig into all that cheesy tomatoey goodness?

We've got you covered with a Chicken Parmesan recipe that's made in the slow cooker.

Generally, the idea of Chicken Parmesan cooked in a slow cooker isn't that hard to conceive of. Chicken and tomato sauce and cheese do pretty well in a crock pot, after all. Well, the tomato sauce and cheese do well. We suggest opting for dark meat (like thighs) instead of breasts here. Chicken breasts get a bit stringy when cooked for a long time, even at a low temperature. The dark meat holds up better.

Slow Cooker Chicken Parmesan

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Our biggest concern other than the type of chicken, was how to get that nice golden brown breadcrumb crunch on something that's been simmering all day.

The idea we came up with was to toast some Panko breadcrumbs separately. These crumbs aren't cooked in the slow cooker so they don't end up soggy. Instead, they stay nice and crisp. When you're ready to eat, take your chicken pieces, with sauce and cheese, and put them onto a plate. Then sprinkle with the crunchy breadcrumbs. You're golden!

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 4 hours

Total Time: 4 hours and 5 minutes

Ingredients:

3 Tbsp. cornstarch

3 Tbsp. water

1 (24 oz.) jar tomato sauce

1.75 lbs. boneless skinless
chicken thighs (about 6-8
thighs)

salt and pepper

6 oz. part-skim mozzarella
cheese, shredded (divided)

2 oz. Parmesan cheese,
grated (divided)

1/2 cup Panko breadcrumbs

1 Tbsp. olive oil

1. In a medium bowl combine cornstarch and water until smooth. Add tomato sauce and stir to combine.
2. Add enough sauce to just cover the bottom of the slow cooker. Keeping the chicken rolled up as it is in its package, arrange in the slow cooker over the tomato sauce in a single layer. Sprinkle lightly with salt and pepper.
3. Top with half of the mozzarella and Parmesan cheese.
4. Drizzle with remaining tomato sauce and cook until chicken is cook through, 3-4 hours on high, 6-8 hours on low.
5. Once cooked, preheat the broiler.
6. Remove the lid from the slow cooker. Spoon off any fat that has accumulated at the top of the sauce. Discard. Sprinkle contents of slow cooker with remaining mozzarella. Put lid back on and cook just until cheese has melted.
7. On a baking sheet combine breadcrumbs, olive oil and a pinch of salt and pepper. Put under broiler just until browned, 2-3 minutes.
8. Serve chicken, cheese and sauce topped with breadcrumbs and sprinkle with remaining Parmesan cheese.



Chicken Parmesan One-Pot Skillet Dinner

By Sam Ellis

Get the tips and tricks to make delicious Chicken Parm in one skillet.

I don't know about you, but I hate having to do dishes during the week. After coming home from work, cleaning up is one of my least favorite things to do. Luckily this Chicken Parmesan One-Pot Skillet Dinner is here to save the day! It's got all of the flavors of the classic dish with much less hassle. All you need is an oven proof skillet to bring it all together...looking at you cast iron.

I even made the spaghetti in the cast iron which I never had considered before. While that's cooking, I prepped and breaded the chicken to save time. The chicken then gets browned in the skillet and transferred to the oven to finish cooking. Just before serving, toss the pasta with boiling water from a kettle to heat it back up again.

Chicken Parmesan One-Pot Skillet Dinner

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The whole dish came together in less than an hour which has got to be a record for an amazing pasta dish.

Since we are using the same skillet for the whole dish, be careful of burning parts of the dish and leaving it to leach into other flavors. The cast iron will be really hot after making the spaghetti so turning the heat to low should make sure to not burn the breadcrumbs on the chicken. If it does happen, just use a paper towel (and caution) to wipe out any burnt pieces.

To save even more time, use a jar of your favorite marinara. Less measuring and fewer dishes to do. If you're a believer in meal prep, make the spaghetti ahead of time to just heat and serve with the chicken. Life's too short for frozen dinners, y'all.

Chicken Parmesan One-Pot Skillet Dinner

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Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 65 minutes

Ingredients:

8 oz. spaghetti

2 chicken breasts

1/4 cup flour

2 tsp. salt, divided

1 tsp. pepper, divided

1 egg, beaten

1/2 cup Italian breadcrumbs

1/2 cup grated Parmesan
cheese

1/4 cup olive oil

28 oz. tomato sauce

1/2 Tbsp. dried basil

1/2 Tbsp. dried parsley

1 tsp. dried oregano

4 slices mozzarella

1. Preheat oven to 350°F.
2. In an oven-proof skillet, add 6 cups of water and bring to a boil. Add spaghetti and cook 10-11 minutes. Drain when done and set aside.
3. While spaghetti is cooking, cut chicken breasts in half length wise creating 4 thin chicken breasts. Mix together flour, 1 teaspoon of salt and 1/2 teaspoon of pepper on a plate. Add beaten egg to a bowl. Mix together breadcrumbs and Parmesan on a plate. Dredge chicken breasts through flour, covering entirely. Add to the egg ensuring all of it has been covered. Dredge through breadcrumb mixture and set aside. Repeat for remaining chicken breasts.
4. When spaghetti is done, turn heat to low and add olive oil to skillet. Add chicken breasts to skillet and cook 2-3 minutes until golden brown and repeat for the other sides. Remove chicken and set aside.
5. Add tomato sauce, basil, parsley, oregano, and remaining 1 teaspoon of salt and 1/2 teaspoon of pepper to skillet. Mix together and place chicken breasts back into skillet. Use a spoon to cover chicken breasts with tomato sauce and top each with a slice of mozzarella. Bake for 30 minutes or until chicken is cooked through entirely.
6. Shortly before chicken is ready, put a kettle of water on to boil. Pour boiling water over spaghetti to warm it back up. Drain.
7. Serve chicken with spaghetti and enjoy!



Frozen Chicken Parmesan

By Christine Pittman

Forgot to thaw the chicken? Don't worry, you can make chicken parm using frozen chicken breasts.

One evening a couple of years ago I arrived home after a crazy day and discovered that I had forgotten to take the planned chicken breasts out of the freezer. I thought I had our dinner plans covered but it turned out that I did not. I got the chicken breasts out of the freezer and tossed them onto a baking sheet and put them into the oven, with my fingers crossed. I really hoped that they would thaw and cook and not take forever.

To my surprise and delight, they were done in about 30 minutes. I used an instant read thermometer to make sure. [Here is the method that I posted on my blog after that experience. It shows how to cook chicken breasts from frozen.](#)

Frozen Chicken Parmesan

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From that point on I started experimenting with different recipes that could be made with chicken breasts straight from the freezer. Today's Frozen Chicken Parmesan is one of those. I know you're going to love it for how delicious it is, but also for how convenient it is when you find yourself with frozen chicken breasts and no time to thaw them.

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Ingredients:

cooking oil

1/3 cup panko breadcrumbs

1/2 tsp. salt

1/4 tsp. coarse black pepper

1/4 tsp. garlic powder

1/4 cup grated Parmesan
cheese

4 medium frozen boneless
skinless chicken breasts
that were frozen
individually and are not
attached to each other
now

1/3 cup tomato sauce,
divided

1/2 cup shredded mozzarella
cheese

1. Preheat oven to 425°F. Lightly oil a baking sheet.
2. In a small bowl combine 1 tablespoon cooking oil, Panko, salt, black pepper, garlic powder and Parmesan cheese.
3. Place frozen chicken breasts in a single layer on prepared baking sheet and brush the top of each with 1 teaspoon of tomato sauce. Top each with one quarter of the breadcrumbs.
4. Bake until cooked through to 165°F, as read on an instant-read thermometer, 30–40 minutes.
5. Remove from oven and preheat broiler. Top each breast with 1 heaped tablespoon of tomato sauce and 2 tablespoons of shredded mozzarella. Broil until cheese is melted, 2–3 minutes.



Baked Chicken Parmesan

By Christine Pittman

Learn how to make Chicken Parmesan in the oven, no frying here!

I love making baked versions of foods that are usually fried. They're usually healthier than the original, and popping a pan of something into an oven is always easier than standing over a fryer or frying pan.

We've actually killed two birds with one stone in this recipe by both simplifying the chicken breading process and also by baking the chicken. It's healthier than the original and is much less of a fuss to make.

You're going to pound some chicken breasts flat (or buy your chicken already in flattened cutlet form). Then you slip it into a mixture of egg whites and Dijon mustard and then into some seasoned breadcrumbs. Critically, the breadcrumbs are mixed with a bit of oil which is going to help the browning in the oven.

Baked Chicken Parmesan

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You then bake the chicken until it's cooked through and crispy. Top it with some tomato sauce and mozzarella cheese, put it back into the oven for a few minutes to get it melted, sprinkle with a garnish of Parmesan, and you're done. Easy, right?

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

4 - 6oz. boneless skinless chicken breasts

1 1/4 cups plain breadcrumbs

1/4 cup grated Parmesan cheese, plus more for garnish

2 Tbsp. vegetable oil

1 tsp. dried thyme

1/2 tsp. salt

1/4 tsp. ground black pepper

2 egg whites

2 tsp. Dijon mustard

1 cup tomato sauce

1 cup shredded mozzarella cheese

1. Preheat oven to 400°F.
2. Cut chicken breasts in half and pound to equal 1/4 inch thickness.
3. In small shallow bowl or pie plate, combine breadcrumbs, Parmesan cheese, vegetable oil, thyme, salt and ground pepper.
4. In another shallow bowl combine egg whites and Dijon mustard.
5. Dredge chicken in egg mixture then the breadcrumb mixture.
6. Place chicken on a wire rack set on a baking sheet.
7. Repeat with remaining chicken and then bake until cooked through, about 20 minutes.
8. Top each with 1/4 cup tomato sauce and 1/4 cup mozzarella cheese. Bake until cheese is melted and sauce is heated through, 5-7 minutes.
9. Garnish with more Parmesan cheese. Serve.



Fish Parmesan

By Christine Pittman

Here's a delicious twist on chicken parm. Fish Parmesan comes together with the same great Italian flavors that everyone loves.

In our Chicken Parmesan eBook we've shared a lot of different recipes. One of my favorites is the Slow Cooker Chicken Parmesan because it's so great for busy weeknights. That's the reason that I love today's recipe too. It's for Fish Parmesan. It has all the flavors of a classic chicken Parmesan but it uses a flaky white fish.

One of the things that makes this recipes so quick and perfect for weeknights is the way the fish is breaded. It's actually not really breaded at all but is topped with a crumb coating.

What you do is to arrange the fish fillets on a baking sheet. It's best if you line it with foil and then spray it with cooking spray. That way nothing is going to stick. Then you lightly smear each fillet with some mustard in the feedback for the chicken wing post, somebody used mayonnaise instead. Great idea! Then you sprinkle it with a mixture of seasoned panko

Fish Parmesan

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breadcrumbs. The breadcrumbs are going to stick to the mustard to stay on there.

Crucially, those breadcrumbs were first mixed with a touch of olive oil. That's going to help them to brown in the oven.

When the fish is cooked, you add some tomato sauce and mozzarella cheese. Put it back in to melt and heat through and you're done. So easy, right?

Yield: 6 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients:

1/3 cup panko breadcrumbs

1 Tbsp. olive oil

1/2 tsp. salt

1/4 tsp. black pepper

1/4 tsp. garlic powder

6 thin white fish fillets, such as tilapia

3 tsp. mustard, yellow or dijon

3/4 cup tomato sauce

1 cup shredded mozzarella cheese

grated Parmesan cheese, for garnish

1. Preheat oven to 425°F.
2. Line a large pan with foil and spray it with baking spray.
3. In a small bowl combine panko, olive oil, salt, pepper and garlic powder. Set aside.
4. Arrange fish fillets in a single layer on pan. Brush tops with mustard.
5. Sprinkle with breadcrumb mixture and press gently to help adhere.
6. Bake until breadcrumbs are browned, 10-12 minutes. Remove from oven.
7. Spoon 2 tablespoons of tomato sauce onto each fillet and then top each with one-sixth of the cheese. Return to the oven just until cheese is melted, about 5 minutes.
8. Double check that the fish is flaky and cooked through before serving. Garnish with grated Parmesan cheese.

Origins of Chicken Parmesan

By Amy Bowen

Chicken Parmesan is a staple at Italian-American restaurants and in many North American homes. But how did this dish originate?

Chicken Parmesan or Chicken Parmigiana are both the same delicious, mouth-watering dish that you know well and love. It's a breaded chicken cutlet with lots of melted mozzarella and/or provolone. Doesn't that make your stomach rumble?

Chicken Parmesan started way back with Eggplant Parmigiana in Campania and Sicily in Italy. You deep fry eggplant and then add cheese and tomato sauce. Then bake it, and enjoy. At some point, cooks in North America, and other regions of the world with large Italian immigrant populations, realized that chicken would be an excellent alternative to the eggplant and Chicken Parmigiana was born.

In America, the dish became popular around 1958, and the "New York Times" first featured a recipe in 1962. We now love it so much that it has the shortened nickname "Chicken Parm." It's usually served with hot pasta or bread. Or even better ... in a sub sandwich. Yum.

Other regions of the world have embraced the dish as well. It's considered a bar staple in Australia. Really. It makes a plain burger look pretty bland, huh? Anyway, the Aussies serve it with salad and chips.

In England, it's called Parmo and it's served with béchamel sauce.

You make milanesa a la napolitana in Argentina. It's traditionally made with beef, but can be substituted with chicken. It can be topped with bacon, ham or egg and served with fries.

Seeing how popular chicken parm is in different parts of the world would instantly make you realize how delicious it must be. Biting into it is total confirmation.



Chicken Parmesan Baked Pasta

By Jamie Silva

Need an easy weeknight dinner? We have you covered with this chicken parmesan baked pasta.

You have pasta and marinara in your pantry, right? Well, things just got extra flavorful in your kitchen with this Chicken Parmesan Baked Pasta. Whether you're in need of a middle-of-the-week dinner or have last minute company coming over, pulling this together is easy peasy.

All you need is pasta, marinara sauce, cheese (lots of cheese!) and leftover cooked chicken. Heaven knows, we sometimes have no idea what to do with that leftover chicken, do we? This recipe will save the day! Once you cook the pasta, you can toss it in a bowl with the chicken, cheese, and sauce. Add to a baking dish, top with breadcrumbs, more cheese (duh) and bake. You'll be a gourmet hero in no time.

Chicken Parmesan Baked Pasta

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Yield: 6–8 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Ingredients:

1 (16 oz.) box rigatoni pasta

2 cups cooked chicken,
shredded

1 (24 oz.) jar of marinara
sauce, divided

1/2 cup shredded mozzarella
cheese, plus more for
topping

1/2 cup grated Parmesan
cheese

1/2 cup Italian breadcrumbs

salt and pepper to taste

chopped fresh basil for
garnish (optional)

1. Preheat oven at 375°F.
2. Cook pasta according to package's instructions. Drain.
3. Pour 2 tablespoons of the marinara sauce into the bottom of a baking dish. Spread it around. Set aside.
4. Add pasta to a large bowl. Toss with chicken, remaining marinara sauce, mozzarella, and Parmesan.
5. Add pasta mixture, smooth it out and then top with breadcrumbs and more mozzarella.
6. Bake in the oven until heated through and cheese is melted, about 20 minutes. Top with fresh basil and more cheese, if desired.



Chicken Parmesan Sliders

By Rebecca Clyde

When chicken parm and a bun love each other very much ... delicious sliders are born.

Sliders are probably the best thing to happen to the burger since... well, the creation of the burger! And Chicken Parmesan is definitely the best thing to happen to Italian food since... well, maybe pizza.

It's undeniable, burgers and Chicken Parmesan are each delicious on their own, but when they're mashed together, it's downright delectable.

Perfectly crisp fried chicken, nestled in a soft miniature bun, piled with melty cheese and topped with garlicky tomato sauce. Downright delectable, right?! Oh did we mention it's all topped with garlic, Parmesan butter? Yeahhhh. There's that, too.

Chicken Parmesan Sliders

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These babies couldn't be simpler, and they're a total home run for entertaining. Fry the chicken, assemble the slider, and forget about them in the oven for 25 minutes – BOOM, easy and impressive when guests are around.

This recipe can easily be doubled or tripled to feed a larger crowd and will quickly become a family favorite. Promise!

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 60 minutes

Total Time: 70 minutes

Ingredients:

1 large chicken breast (about .5 lbs.)

1/2 cup all-purpose flour

1 egg

1 cup Panko breadcrumbs

1 tsp. garlic powder

2 tsp. oregano, divided

1/2 tsp. salt

3 Tbsp. olive oil

6 potato slider buns

6 slices of mozzarella cheese

1/2 cup pizza sauce

4 Tbsp. butter

2 Tbsp. grated Parmesan cheese

1 clove garlic, minced

1. Preheat oven to 375°F.
2. Cut chicken breast in half, butterflying it, and then cut each half into thirds, yielding 6 pieces of chicken.
3. Measure flour into a bowl, crack and whisk an egg into a second bowl, and combine breadcrumbs, garlic powder, 1 teaspoon of oregano and salt in a third bowl.
4. Heat a large frying pan on medium-high heat.
5. Bread the chicken by dipping first into the flour, then into the egg, and finally into the seasoned breadcrumbs.
6. Once all of the chicken is coated, add olive oil to the hot pan and swirl it until it shimmers. Add chicken and cook for 5-7 minutes on each side, or until it has a golden crust and is cooked all the way through. Once cooked, transfer the chicken to a plate.
7. Line a baking pan with parchment paper and lay the bottom half of the rolls into the pan. On each bun put 1/2 slice of cheese, 1 tablespoon of pizza sauce, a piece of chicken, an additional teaspoon of pizza sauce, and the remaining 1/2 of a cheese slice. Add the top of the bun.
8. Melt the butter and stir in the Parmesan cheese, minced garlic, and the remaining 1 teaspoon of oregano. Drizzle that on top of the sliders, cover with foil, and place into the oven for 10 minutes. Remove from oven, uncover and bake for an additional 8 minutes. Cool for 5 minutes and serve while still hot.



Easiest One Pot Chicken Parmesan

By Rebecca Clyde

Put all the ingredients into a dish, cover and bake to make this super-easy Chicken Parmesan that is all done in one pot.

Who doesn't love a really easy and versatile meal? That's exactly what this Easy Chicken Parmesan is, easy and so versatile. What makes it even better, there's the easiest homemade sauce here. A bit of chopping, opening cans, and measuring out a few spices is all you'll have to do to have a delicious and really healthy homemade sauce in minutes. Baking it for almost an hour gives the spices and tomatoes time to meld together to give you the deep and delicious flavor of slow cooking a sauce all day long, but with almost zero effort.

Ok, now let's get to the versatile part. These cheesy chicken tenderloins and tomato sauce will be so delicious over pasta for a traditional take on Chicken Parmesan, or you can place it between two slices of bread or in a baguette for a Chicken Parmesan sandwich, or over a bed of lettuce for a low carb Chicken Parmesan salad. Like I said, so versatile and delicious. Now the choice is yours, you're just about an hour of cooking time away from a few delicious dinners.

Easiest One-Pot Chicken Parmesan

Continued from previous page

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 60 minutes

Total Time: 70 minutes

Ingredients:

Cooking Spray

2 (14.5 oz.) cans diced tomatoes

4 Tbsp. tomato paste

2 ribs celery, chopped

1 large carrot, chopped

1/2 onion, chopped

1 Tbsp. Italian seasoning

1/2 tsp. garlic salt

1/2 tsp. red pepper flakes

1 large bay leaf

1 lb. chicken tender breast

tenderloins (or slice boneless skinless chicken breasts into strips)

1 cup shredded mozzarella cheese

1/4 cup breadcrumbs

1. Spray large baking dish with cooking spray. Preheat oven to 350°F.
2. Add diced tomatoes, tomato paste, celery, carrot, onion and spices to baking dish. Mix together.
3. Place chicken tenders on top of sauce, spoon some sauce over chicken so it's covered.
4. Cover with tin foil and cook for 45-50 minutes.
5. Uncover foil and slice into largest chicken tenderloin, making sure it's cooked through and not pink. If it's cooked through, sprinkle cheese, then breadcrumbs over chicken. Place dish back in oven and cook for 8-10 minutes or until cheese and breadcrumbs are golden brown.

Chicken Parmesan Spaghetti and Meatballs

By Jodi Danen

*Who loves spaghetti and meatballs?
Who loves Chicken Parmesan?
Mix them together tonight for this
amazing Chicken Parmesan Spaghetti
and Meatballs. It's the best!*

This is a seriously amazing dinner. It's meatballs that are filled with Parmesan cheese and then simmered in a delicious tomato sauce, all piled onto spaghetti. So good, right?

I honestly can't get enough of it. And because of that, I had to do a few little tweaks to make the recipe a bit healthier. I'm just kinda like that.

Between the oats and coconut flour - which happen to be the most fiber-dense of all flours - these Chicken Parmesan Meatballs are packed full of fiber. This is a good thing because fiber improves digestion, helps regulate blood sugar, can protect against heart disease and cancer, and aids in weight loss. I ditched the usual bread crumbs and amped up the nutritional value even further. Using oats rather than white bread crumbs cuts sodium, boosts protein along with fiber, and packs in calcium, phosphorus, potassium, and iron.

Unlike traditional Chicken Parmesan, which is deep fried, this version is light on oil, simply browning the meatballs in a touch of olive oil before simmering in a vibrant tomato-based marinara sauce.



Chicken Parmesan Spaghetti & Meatballs

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Yield: 6 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Ingredients:

1 lb. ground chicken or turkey meat
3/4 cup quick cook oats, ground
2 large eggs
Fresh Parmesan cheese, cut into dice sized cubes plus 1/4 cup shredded Parmesan cheese
1 Tbsp. and 1 tsp. minced garlic, divided
1 tsp. dry oregano
Salt
Pepper
Wax paper
1/2 cup coconut flour
Olive oil
1/3 cup red onion, diced (about 1/4 of a large onion)
1 Tbsp. dry basil
1 (28 oz.) can crushed tomatoes
1 tsp. balsamic vinegar
8 oz. dry spaghetti
Fresh basil for garnish (optional)

1. In medium sized mixing bowl, combine chicken, ground oats, eggs, 1/4 cup shredded Parmesan cheese, 1 teaspoon minced garlic, oregano, 1 teaspoon salt and 1/4 teaspoon pepper. Mix well.
2. Warm cast iron skillet over medium high heat.
3. Meanwhile, roll meat mixture into golf ball sized balls, pushing 1 cube of fresh Parmesan cheese into the center of each meatball. Ensure cheese is not visible. Place on sheet of wax paper.
4. In a small bowl, add coconut flour, 1/2 tsp. salt and 1/4 tsp. pepper. Carefully roll meatballs in flour mixture, setting aside on wax paper once coated.
5. Drizzle 3-4 tablespoons of olive oil into hot pan. Add meatballs to pan, turning every 30-60 seconds, until all sides are browned. Remove meatballs and set aside on a fresh sheet of wax paper.
6. To the same pan, add onions, cooking until translucent, about 3-4 minutes.
7. Stir in 1 tablespoon minced garlic, basil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook 1 minute.
8. Pour in crushed tomatoes and balsamic vinegar. Bring to a simmer. Carefully add meatballs to sauce.
9. Cover and cook 15 minutes or until meatballs reach internal temperature of 160°F.
10. While sauce and meatballs are simmering, bring a pan of water to boil and cook spaghetti according to package instructions.
11. Serve Chicken Parmesan Meatballs over spaghetti noodles, top with sauce and additional shredded Parmesan cheese if desired. Garnish with fresh basil, if desired.



Grilled Chicken Parmesan

By Christine Pittman

Learn how to make a summery version of Chicken Parmesan that is grilled instead of fried.

Chicken Parmesan doesn't have to be a heavy, wintery food. This recipe we've taken the classic flavors and made it all fresher.

The key here is that we're grilling the chicken breasts. I know you're probably wondering, "If they're grilled, how do we get a nice, crunchy breaded crust?" Never fear, grasshopper. We've got you covered. What you do is to mix some panko breadcrumbs with Parmesan cheese and garlic powder. Then you toast that all up in a small skillet. After you're done grilling the chicken, you sprinkle on the crumbs for a final touch.

OK, you understand about the breadcrumbs now (awesome idea, right?). What else is going on here?

Grilled Chicken Parmesan

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What you do is to flatten 4 chicken breasts to an even thickness. This is so that when you grill them they cook evenly and don't end up cooked and dry in some places while still rare in others. Then you grill them on one side. Flip them over. Top them with deliciousness, in this case tomato slices and cheese. Continue to cook until chicken is 165F inside and the cheese is melted. Take them off the grill and then go in with those breadcrumbs. Mmmm.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

4 boneless skinless chicken breasts (about 2 lbs. total)
1/2 cup panko bread crumbs
1/2 cup finely shredded (not grated) parmesan cheese
salt
1/4 tsp. garlic powder
coarse black pepper
1 large tomato, sliced into 8 slices
1 cup shredded mozzarella cheese
8-12 fresh basil leaves

1. Prepare grill for direct cooking on medium-high heat.
2. Flatten the chicken breasts: Put one breast into a large zip-top bag but keep it unzipped. Use a flat mallet or heavy rolling pin to hit the chicken breast at the thickest part. Continue to do so, moving around a bit, until the chicken is of an even thickness of approximately 3/4-inch. Remove chicken from bag and repeat one at a time with remaining breasts.
3. Into a small skillet measure the panko, Parmesan, 1 tablespoon of olive oil, 1/4 teaspoon of salt and 1/4 teaspoon of garlic powder. Put over medium-low heat and stir frequently so that the Parmesan doesn't clump up as it melts. Stir and cook until toasted to a golden crunchy brown, about 3-4 minutes. Transfer immediately to a large plate so that the crumbs stop cooking and cool. Set aside.
4. Sprinkle chicken lightly with salt and pepper on both sides. Transfer breasts to prepared grill. Cover and cook until there are nice dark grill marks, 3-4 minutes. Flip the breasts over. Top each one with 2 slightly overlapping slices of tomato, 1/4 cup of the shredded mozzarella and 1/4 of the bread crumbs. Cover and cook just until breasts are cooked through and cheese is melted, 3-4 minutes longer. Transfer to serving plate and top each breast with 2-3 basil leaves.

Contributors

Many thanks to our writers for this edition of *The Cookful*.



Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Allie McDonald

» missallieskitchen.com

Allie is an avocado obsessed, hot pepper junky with a serious passion for food. When she isn't adding to her cowgirl boot collection, you can find her in the kitchen, with her apron covered in the day's creations. She's the blogger behind Miss Allie's Kitchen, a food blog dedicated to creating whole and healthy recipes to inspire home cooks.



Rebecca Clyde

» nourishnutritionblog.com

Rebecca is the registered dietitian and food blogger behind the scenes at Nourish Nutrition Blog. She loves to eat the rainbow and help others learn to enjoy a wider variety of foods. Although she loves so many different foods, one of her favorites is the good old-fashioned s'more, made with dark chocolate. And when a campfire is just out of reach, she'll use nearly anything to get that roasty goodness, except a scented candle which she learned the gross way.

Contributors

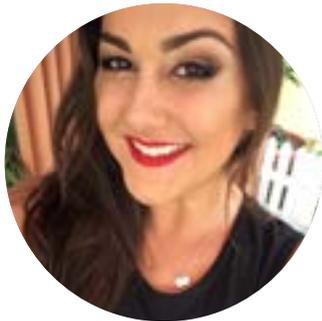
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Sam Ellis

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Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



Jamie Silva

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Jamie is the blogger behind A Sassy Spoon, where she inspires you to celebrate the good things in life - food and travel! She shares accessible recipes ranging from easy everyday dishes, party food, and Cuban-inspired meals, as well as entertaining ideas and fun travel guides. Whether on a road trip or in the kitchen, she's always thinking of her next recipe, next party, or next trip.



Jodi Danen

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Being a registered dietitian, Jodi Danen mistakenly thought it would be a breeze feeding her family a diet of healthy foods. As soon as her kids could talk, she knew she was in for a challenge! Jodi is the voice of Create Kids Club, a food and nutrition blog for parents who desire healthy family meals, but are short on time. Her recipes are simple to prepare, have a short ingredient list, and focus on fresh foods.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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