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Recipe for family meals :

Chicken Breast Parmesan

This recipe comes from **Nana's Recipes** which is the website of Norma "Nana" Welton - you can visit the website by [clicking here](#).

David Welton, her son, describes Nana's website as follows:

"Easy to prepare "home cooking with flair" recipes from a Grandmother who loves to cook! Pictures and detailed recipes of chocolate desserts, cakes, pies, cookies, salads, entrées, side dishes and more."



Ingredients

- 1 can (8 oz.) tomato sauce
- 1 teaspoon Italian seasoning
- 1/4 teaspoon garlic salt
- 1/3 cup corn flake crumbs
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried parsley flakes
- 4 skinless boneless chicken breasts
- 1 egg beaten
- 1/2 cup shredded mozzarella cheese
- grated Parmesan cheese

Method

- Mix tomato sauce, Italian seasoning and garlic salt in 2 cup measuring cup. Cover with waxed paper. Microwave at High for two minutes. Stir reduce power to Medium. Microwave five minutes; stirring once. Set aside.
- Mix corn flake crumbs, 1/4 cup Parmesan cheese and parsley flakes. Dip chicken breasts in beaten egg, then in crumb mixture. Place chicken in 8x12 inch baking dish or 10 inch square casserole. Cover with waxed paper. Microwave at Medium until chicken is tender, 9 to 14 minutes, rearranging after half the cooking time (do not turn over).
- Pour sauce over chicken. Sprinkle shredded Mozzarella cheese over chicken breasts. Sprinkle with Parmesan cheese. Microwave at medium (uncovered) until Mozzarella melts and sauce is hot, 2 to 5 1/2 minutes.

Norma "Nana" Welton

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