

Zesty Chicken Cutlets Parmigiana

1 lb spaghetti
Salt to taste

Quick Marinara Sauce
3 cloves garlic, minced
2 pinches crushed red pepper flakes
2 Tablespoons EVOO
2 cans (28oz.) crushed tomatoes
15-20 leaves fresh basil, roughly cut or torn
2 sprigs fresh oregano
A handful of chopped fresh parsley

Chicken
The juice of 3 lemons
1/3 cup Parmigiano Reggiano and Romano Cheese
1 cup Italian breadcrumbs
A pinch of red pepper flakes
Black pepper
A handful of chopped parsley
1 ½ lb boneless chicken breast cutlets
2 cloves garlic
3 T EVOO
Fresh Mozzarella

Start a big pot of salted water to boil for pasta. Cook according to package

Meanwhile, throw your sauce together by heating garlic and crushed red pepper in EVOO in a pot over medium heat. When the garlic speaks by sizzling in the oil add tomatoes and fresh herbs. Bring to a bubble and reduce the heat. Let sit while preparing the chicken.

Squeeze lemon juice into a shallow dish. Mix cheese and breadcrumbs, pepper, and parsley together on a large plate. Turn each cutlet in the lemon juice and then coat in the breadcrumbs.

Heat 2 whole cloves of garlic in a large skillet or frying pan over medium heat. When garlic sizzles remove the cloves and sauté chicken cutlets for 4 minutes on each side. When the cutlets are done arrange in a dish and top with mozzarella. Place under a broiler to melt the cheese.