

Parmesan Crusted Chicken Breast

Recipe Courtesy of Chef Tre Wilcox

Ingredients

4 each chicken breast without skin -- boneless

1/2 cup parmesan cheese -- ground

1/2 cup bread crumbs

1 tablespoon chives -- minced

1/2 tablespoon oregano -- chopped

1/2 tablespoon basil leaves -- chopped fine

1 tablespoon melted butter

Method

- 1.) Preheat oven to 350.
- 2.) Mix cheese, bread crumbs, chives, oregano, basil and melted butter together in a small bowl.
- 3.) Lay chicken breast onto plastic wrap, season lightly with salt and pepper.
- 4.) In a medium high saute pan sear chicken on both sides.
- 5.) Remove chicken from pan and place seared chicken on sheetpan and top each breast with crust.
- 6.) Place chicken in oven and cook for 15-18 minutes or until cooked through.
- 7.) Remove from oven and allow chicken two minutes to rest.
- 8.) Slice into 3-4 slices and serve right away.

Serving Size : 4