

SUSAN MALLERY

the friendship list

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The Friendship List

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RECIPES

BAKED ZUCCHINI

Author's Note:

If you prepare this first and put it in the oven after you've made the sauce but before you start assembling the chicken cutlets, both dishes will be done at the same time.

INGREDIENTS:

4 whole zucchini, sliced into ¼-inch thick rounds
2 Tbsp olive oil
Garlic salt & pepper to taste

DIRECTIONS:

Preheat oven to 400 degrees. Toss the zucchini pieces with olive oil. Layer them in concentric circles in a pie plate or tart pan. Salt and pepper each layer. Bake for about 30 minutes.

ELLEN'S CHICKEN PARM

SAUCE:

- 1 small onion, diced
- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 28-oz can of crushed tomatoes or tomato puree
- 1 tomato, diced
- 1 Tbsp basil
- 1 tsp oregano
- ½ tsp thyme
- ¼ tsp cayenne powder
- 1 bay leaf

CHICKEN:

- 3 boneless, skinless chicken breasts
- ½ cup flour
- 1 tsp garlic salt
- ½ cup flour
- 1 tsp garlic salt
- ¼ tsp ground black pepper
- 2 eggs
- 1 cup bread crumbs, plain or Italian seasoned
- 1 Tbsp olive oil for brushing the pan
- Oil for frying

TOPPING:

- 1 cup shredded mozzarella
- ¼ cup shredded parmesan

If desired, serve over cooked spaghetti noodles.

FOR THE SAUCE:

Heat 2 Tbsp olive oil over medium heat. When glistening, add the onions and sauté until translucent. Add the garlic and cook until fragrant, about 30 seconds longer. Stir in the remaining sauce ingredients. Cook to a simmer, stirring regularly, then lower heat and continue to simmer while assembling the chicken.

FOR THE CHICKEN:

Brush a 13x9-inch pan with 1 Tbsp of olive oil and set aside. Heat oven to 400 degrees. Place three dishes side by side next to the stovetop. In the first, mix flour with garlic salt and pepper. In the second, whisk the two eggs. In the third, place the bread crumbs. Heat $\frac{1}{4}$ inch of oil in a heavy-bottomed pan over medium-low heat.

Slice each breast in half to make six cutlets. Pound each cutlet to about $\frac{1}{4}$ -inch thick. Dredge in flour, then egg wash, then bread crumbs. Sauté until both sides are brown, about four minutes per side. Add oil as needed.

ASSEMBLY:

Place chicken cutlets in 13x9-inch pan. Pour sauce over chicken. Top with shredded cheese. Put into the oven and bake until cheese is melted, about ten minutes. Turn oven to broil and move dish closer to the heat. Broil until cheese is browned, checking every minute or so to make sure it doesn't burn.