

# LEMON PARMESAN CHICKEN WITH ARUGULA SALAD TOPPING

Cook Time: **35** minutes | Servings: **6**

## INGREDIENTS:

*1/4 pound chunk Parmesan cheese*  
*5 ounces arugula*  
*6 boneless, skinless chicken breasts*  
*2 extra large eggs*  
*1 1/2 cups seasoned dry breadcrumbs*  
*1 cup all-purpose flour*  
*1/2 cup freshly grated Parmesan cheese*  
*1/4 cup freshly squeezed lemon juice (2 lemons)*

*1 tablespoon olive oil*  
*1 tablespoon of unsalted butter*  
*1 teaspoon lemon zest*  
*1 teaspoon fresh thyme leaves, chopped*  
*1/4 teaspoon kosher salt*  
*1/4 teaspoon black pepper*



## INSTRUCTIONS

Combine the flour, 1 teaspoon salt and 1/2 teaspoon pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the breadcrumbs, the 1/2 cup grated Parmesan cheese, the lemon zest and thyme, and set aside. Using a meat mallet or a rolling pin, pound the chicken breasts between two sheets of parchment paper until they are 1/4 inch thick. Coat the chicken breasts on both sides with the prepared flour mixture, then dip both sides into the egg mixture and dredge both sides in the breadcrumb mixture, pressing lightly. Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large sauté pan and cook two or three chicken breasts on medium-low heat for two to three minutes on each side, until cooked through. Add more butter and oil and cook the remaining chicken breasts. Place the arugula in a large bowl. In a 1-cup glass measure, whisk together the 1/4 cup lemon juice, 1/2 cup olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Pour enough dressing on the arugula to moisten. Toss well. Pile some arugula on top of each hot chicken breast. With a very sharp knife or a vegetable peeler, shave the chunk of Parmesan into large shards and arrange them on top of the arugula. Enjoy!