

# Parmesan Baked Chicken

from the kitchen of corporate chef,  
*Roger Tappan*



- 8 boneless, skinless breast halves
- ½ cup Dijon mustard
- ¼ cup apple juice
- 2 cloves garlic, minced
- 2 cups fresh soft breadcrumbs
- 1 cup grated Parmesan cheese
- 1 tablespoon melted butter
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons dried parsley flakes



Line a 13 x 9 pan with foil and preheat the oven to 375 degrees.

In a shallow pan mix the Dijon mustard, apple juice, and garlic. In another pan mix the breadcrumbs, Parmesan cheese, parsley, melted butter, salt, and pepper.

Coat the chicken in the mustard mixture, then roll it in the crumb mixture until thoroughly coated. Place the chicken in the baking pan and bake it for 20 to 30 minutes, or until golden brown and cooked through.

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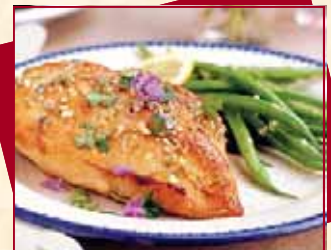
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# Lemon Chili Chicken

from the kitchen of corporate chef,  
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- 4 boneless, skinless, chicken breasts
- 1/3 cup lemon juice
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 3 cloves garlic, minced
- 2 tablespoon prepared mustard
- ½ teaspoon salt
- 1/8 teaspoon white pepper



Combine all the ingredients except the chicken in a heavy-duty zip-lock food storage bag. Add the chicken and seal the bag. Place the bag on a rimmed pan and place it in refrigeration for 2 to 6 hours.

Drain the marinade from the chicken and place the liquid in a ceramic bowl. Cover the bowl with food film. Puncture the film in a few places, then microwave the marinade on high for 3 minutes.

Cook the chicken in a skillet, or on the grill for 12 to 17 minutes, turning once, and brushing frequently with the marinade. Serve when the chicken reaches 165 degrees internally.

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# Baked Fried Chicken

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- 6 boneless, skinless chicken breast halves
- 2 cups buttermilk
- ¾ cup flour
- 2 tablespoons nonfat dry milk
- salt & pepper to taste
- 10 tablespoons butter, divided



Place the chicken in a large baking dish and pour the buttermilk over the meat. Turn the breasts to make sure they are fully coated. Cover the dish and place it in refrigeration for at least 8 hours.

In a medium bowl place the flour, dry milk powder, and salt and pepper. Cut in 4 tablespoons butter until the flour and butter particles are fine. Cover and refrigerate.

When near ready to cook, drain the chicken pieces and turn them in the flour mixture, pressing them to help the mixture adhere. Place the chicken on a wire rack to dry for 30 minutes.

Preheat the oven to 400 degrees. Spray a sheet pan with cooking oil spray. Cut the remaining butter into pieces and place them on the pan. Place the pan in the oven until the butter melts. Place the chicken on the hot pan and bake it for 10 minutes. Turn the chicken and bake for 10 to 15 more minutes, or until the juices run clear and the internal temperature reaches 165 degrees.

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# Chicken Scampì

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- 6 boneless, skinless chicken breast halves
- Salt and white pepper to taste
- 1/3 cup butter
- ½ cup finely chopped onion
- 4 cloves garlic, minced
- 2 tablespoons lemon juice
- zest from 1 lemon
- 2 tablespoons chopped fresh parsley



Cut chicken into strips. Sprinkle the chicken strips with salt and white pepper to taste.

Heat a large skillet over low heat. Melt the butter in the skillet. Add the onion and garlic. Stir and cook until just soft, about 5 minutes.

Increase the heat to medium and add the chicken. Stir and cook the chicken until just cooked through, about 6 minutes.

Stir in the lemon juice, lemon zest, and parsley. Stir the chicken to coat and cook for another few minutes.

Serve over rice pilaf or cooked noodles

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# Baked Pretzel Coated Chicken

from the kitchen of corporate chef,

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- 8 boneless, skinless chicken breast halves
- ¼ cup butter, melted
- 2 tablespoons horseradish or mustard
- Few dashes hot sauce
- 1 cup finely crushed pretzel sticks
- 2 tablespoons flour
- 2 tablespoons fresh minced parsley



Combine butter, horseradish or mustard, and hot pepper sauce in a shallow pan.

Mix crushed pretzels, flour, and parsley in another dish.

Dip boneless chicken breast in the butter mixture, then roll in pretzel mixture to coat on all sides.

Bake at 400 degrees for 18 to 24 minutes, or until the juices run clear when probed, or the internal temperature reaches 165 degrees.

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# Chicken Marsala

from the kitchen of corporate chef,

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- 4 boneless, skinless chicken breast halves
- Black pepper to taste
- Flour for dredging
- 4 tbsp vegetable oil
- 4 tbsp butter
- 1/3 cup Marsala wine
- 1/4 cup chicken broth
- 1 tbsp minced fresh parsley



Pound chicken into uniformly flat cutlets. Sprinkle both sides with a little pepper and dredge lightly with flour.

Heat the vegetable oil over high heat in a wide skillet. Lightly brown chicken cutlets, 3-4 minutes per side. Transfer onto a warm platter. Pour off fat from skillet. Return to range over medium high heat. Add the chicken broth, scraping up and dissolving any browned bits. Add butter. As soon as the butter melts add the Marsala wine and about half the parsley. Stir the pan sauce.

Return the chicken to the skillet. Cook in the pan sauce for about 5 minutes, or until the sauce reduces to the consistency of a thin gravy. Turn the cutlets once while cooking.

To serve, place two cutlets on a plate. Drizzle a little pan sauce over the meat, and sprinkle a little minced parsley over all. Serves 2.

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