

Ingredients:

- 2 boneless chicken breasts
- 2 tablespoons vegetable oil

Batter:

- 1 egg beaten
- ¼ teaspoon each of salt and pepper
- 2 cups of fat-free or low-fat milk
- 1 teaspoon grated parmesan cheese

Crumbs:

- 1 cup Italian seasoned bread crumbs
- 1 teaspoon grated parmesan
- ¼ teaspoon salt
- ¼ teaspoon pepper

Salad:

- 2 oz arugula lettuce
- 2 tablespoons or the juice from ½ a lemon
- 1 teaspoon olive oil
- ½ cup cherry tomatoes (or any tomatoes you have)



© Disney

Tools:

- Meat tenderizer
- Gallon sized plastic bag

Note: I used caramelized cherry tomatoes by slicing the tomatoes in ½, length wise, and placing on a roasting tray, drizzling a ½ teaspoon of olive oil on all tomatoes. Place in a 300 degree oven and roast slowly for 30-40 minutes until the tomatoes start to release their juices and begin to look "caramel" in color.

(continue)

Let's filet the chicken...

Place the palm of your hand on top of the chicken breast, with the long side of the breast parallel to the edge of the cutting board. Carefully, run your knife through the middle (from top to bottom) cutting through the length of the chicken. This will yield 2 thin filets per breast.

Take your date night chicken pieces (1 at a time) and slip between a storage bag (cut the left & right sides of the bag, leaving the bottom seam attached). Tenderize your chicken (using the flat side of the tenderizer) until the entire piece is an even width throughout. Use the same bag for all chicken pieces.

For the batter, in a shallow dish, combine your egg, salt, pepper, parmesan cheese and milk, mix together. In a separate shallow dish, add breadcrumbs, 1-tablespoon of Parmesan cheese and salt and pepper to taste. Combine everything together with a fork.

Place the chicken in the milk/egg mixture and then place in the breadcrumbs. Turn so both sides are coated evenly with the crumbs. Be sure to use one hand for wet ingredients and one for dry ingredients. It will help avoid the unwanted hand mitt of breadcrumbs.

Add vegetable oil to a sauté pan and place over medium heat. When the oil is hot add the chicken and lightly sauté until golden brown, approximately 5-6 minutes. Be sure to turn them over to brown the other side Plate your chicken cutlet and add a salad on top! Light and delicious, good every time!

CHICKEN TENDERS FOR THE KIDS

Ingredients:

- 2 boneless chicken breasts
- 2 tablespoons vegetable oil

Batter:

- 1 egg beaten
- ¼ teaspoon each of salt and pepper
- 2 cups of milk
- 1 teaspoon grated parmesan cheese

Crumbs:

- 1 cup Italian seasoned bread crumbs
- 1 teaspoon grated parmesan
- ¼ teaspoon each of salt and pepper



© Disney

Filet boneless chicken breasts and cut them into equal rectangular shapes for tenders. (Should yield approx 3-4 pieces per filleted breast)

Cut your remaining chicken breasts, into thinner chicken tenders. Filet it right down the middle if you can. They can be cut it into small bite-sized pieces.

For the batter, in a shallow dish, combine your egg, salt, pepper, parmesan cheese and milk. Mix together. In a separate shallow dish add bread crumbs, 1 tablespoon of parmesan cheese and salt and pepper to taste. Combine everything together with a fork.

Place the chicken in the milk/egg mixture and then into the breadcrumbs, evenly coating on both sides. Be sure to use one hand for wet ingredients and one for dry ingredients. It will help avoid the unwanted hand mitt of bread crumbs.

Add Vegetable oil over medium heat to a sauté pan. When the oil is hot add the chicken and lightly sauté until golden brown, approx 5-6 minutes. Turn and sauté the other side for the same amount of time. Plate your chicken tenders for the kids. I promise, there won't be any leftovers!"