

Oven Fried Chicken Cutlets



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Recipe by: Laura Vitale

Makes 6-8

Prep Time: 25 minutes

Cook Time: 20 minutes

Ingredients

- ___ 2lb Boneless, skinless chicken breasts, sliced into 1/3 1/2-inch-thick cutlets
- ___ All-purpose flour, for dredging (about 1 cup)
- ___ 2 Eggs
- ___ 1/2 cup Milk
- ___ Handful of freshly grated Parmesan cheese, for the egg mixture
- ___ 1-1/2 cups Plain breadcrumbs
- ___ 1/2 cup Panko breadcrumbs
- ___ 1/2 cup Freshly grated Parmesan cheese
- ___ 1 tsp of Italian Seasoning
- ___ Salt and pepper, to taste
- ___ Olive oil, about 1/3 cup per baking sheet, plus more for drizzling

1) Preheat your oven to 450°F.

2) Slice the chicken breast thinly (I do about 3 per chicken breast) then pound them thinly and evenly (don't leave them too thick) and set them aside. Set up three shallow dishes: one with flour seasoned with salt and pepper, one with the eggs, milk and a handful of Parmesan, and the third with the plain breadcrumbs, panko, remaining Parmesan, Italian seasoning, salt and pepper.



3) Dredge each cutlet lightly in flour, dip into the egg mixture, then coat thoroughly in the breadcrumbs, pressing gently so the coating adheres, let them sit aside for 10 minutes, in the meantime, place your sheet pan in the oven to preheat for a full 10 minutes.

4) After the 10 minutes take the sheet pan out, working quickly lay a piece of parchment down then coat the bottom well with olive oil (about 1/3 cup) then arrange the breaded cutlets in a single layer, making sure not to overcrowd them (mine was a tad overcrowded in the video but it worked). Drizzle the tops with enough olive oil so the breadcrumbs are evenly moistened and don't look dry.

5) Bake on the middle rack for about 18 minutes, flipping halfway through, until deeply golden, crispy on both sides.

6) Transfer immediately to a wire rack to keep the bottoms crispy, and serve!

IMPORTANT NOTES: You should test these once or twice in your oven before knowing exactly how long they take to cook. Every oven varies, In most home ovens you will want to set the temperature to 475 degrees but the only way to know that is to test it. You can certainly do 3 trays at once, you will obviously need to increase the overall temperature (so I would do 475 instead of 450) and add more cooking time. They come out GREAT especially for a big crowd!