

Chicken Parmesan Sandwiches

Makes two sandwiches

1 large chicken breast
1/4 cup all purpose flour
Salt and pepper
1 egg, beaten
1 cup panko breadcrumbs
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
Vegetable oil

For the sandwiches:

Mozzarella cheese slices
1/2 cup marinara sauce
Sandwich bread or [homemade ciabatta](#)
1/4 cup butter, softened
1/4 teaspoon garlic powder



Pound the chicken breast out until it is a uniform thickness, about 1/4 inch thick. Cut the chicken in half so you have two pieces. Mix together the flour, salt, and pepper, and spread it out on a plate. Place the beaten egg in a large wide bowl. Mix together the panko, garlic powder, and onion powder. Place those in a large wide bowl or on a plate. Dredge each chicken breast through the flour so it's coated on both sides, then through the egg, and then through the seasoned panko. Make sure the panko covers the entire breast. Place on a plate.

If you want to fry the chicken: Pour enough oil in the skillet to cover about 1/2 inch. Heat it over medium heat until the oil is almost smoking. If you drop a breadcrumb in the oil to test it, it should sizzle. Once your oil is hot, use tongs to place the chicken breasts in the pan. If they don't fit side by side, do them one at a time. Let them cook for about 3-4 minutes until they're golden brown. Carefully flip the chicken over and cook for another 2-3 minutes until golden brown. The chicken should be 165 degrees on the inside (but check them temperature when it's not in the pan). Take the chicken breast out of the oil and place on a paper towel to drain any grease.

If you want to bake the chicken: Preheat your oven to 400 degrees. Place the breaded chicken on a sheet pan and bake for 20 minutes until a thermometer inserted into the chicken reads 165 degrees.

Meanwhile, spread the softened butter on the bread, sprinkle with garlic powder, and place it butter side down on a pan over medium heat until golden brown and toasted, about 1-2 minutes.

Place the cheese on top of the bottom piece of bread, place the chicken on top of it, pour 1/4 cup of hot marinara on top of the chicken, and top it with the second piece of bread. Serve immediately.

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