

Italian Salad and Homemade Croutons

INGREDIENTS

Italian Salad:

- 1 head of Romaine lettuce
- 1/2 medium red onion, peeled and thinly sliced
- 1 cup halved cherry tomatoes
- 1/3 cup of freshly grated Parmesan Cheese
- 1 cup homemade croutons
- 1/2 cup Kents Italian Dressing

Homemade Croutons:

- 1 half loaf of bread
- 1/4 cup olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 3/4 teaspoon Kosher salt
- 1/2 teaspoon black pepper

INSTRUCTIONS

Italian Salad:

1. Wash tomatoes and lettuce and pat dry.
2. Chop cherry tomatoes in half.
3. Thinly slice your onion.
4. Begin to prepare your lettuce and peel back any layers of leaves that are damaged or discolored.
5. Cut off the butt ends of lettuce. Chop lettuce to 1/4-inch bite size pieces.
6. Place all ingredients into salad bowl.
7. Grate 1/3 cup of Parmesan cheese
8. Toss all ingredients together and top with homemade croutons and more cheese.



Homemade Croutons:

1. Preheat oven to 375 F.
2. Cut slices of bread into 1/2-inch cubes.
3. Place cubes into a mixing bowl and drizzle with olive oil. Toss with seasoning.
4. Spread the seasoned cubes evenly in a single layer across the sheet pan.
5. Bake in the oven for 15 minutes or until golden brown.

Chicken Cutlet Topped with Marinara and Mozzarella Cheese

INGREDIENTS

- 6 oz chicken breast or thigh
- 1 cup all-purpose flour
- Season the flour with:
 - 3/4 tsp Kosher Salt
 - 1/2 tsp black pepper
 - 1/4 tsp Italian seasoning
 - 1 cup Panko bread crumbs
- 2-3 eggs, scrambled
- 1 cup Canola oil
- Marina sauce

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Prepare the chicken:
 - a. Rinse and pat dry.
 - b. Trim off excess fat.
 - c. Optional: pound chicken flat with a kitchen mallet.
3. Prepare the coating:
 - a. Place seasoned flour, breadcrumbs, and scrambled eggs in three separate shallow dishes.
 - b. Make sure to keep one hand dry and one hand wet to avoid clumpy hands:
 - i. Dip chicken into the flour.
 - ii. Dip chicken into egg and allow any excess egg to drip off.
 - c. Lay chicken into breadcrumbs to coat each piece on both sides
 - d. Set aside coated chicken and repeat until all chicken is coated.

INSTRUCTIONS (continued)

4. Heat an 8-inch pan and add oil.
 - a. Over medium heat, cook the chicken until golden brown (approximately 2-3 mins). Turn the chicken over and cook the other side until golden brown (approximately 2-3 mins).
 - b. Place chicken on a plate covered with a paper towel.
 - c. Repeat the process until all chicken is cooked.
5. Place chicken onto a sheet pan lined with wax paper.
 - a. Place in preheated oven for about 6-8 mins (or until chicken reaches internal temperature of 155F). It will be firm to the touch.
 - b. Remove the sheet pan from the oven and turn off the oven.
 - c. Spread marinara sauce evenly across the chicken pieces. Top off with mozzarella cheese.
 - d. Place back in warm oven until cheese is melted approximately 5-6 mins (or until chicken reached internal temperature of 165F).
 - e. Pull out the sheet pan once completed.

