



Sicilian Breaded Chicken Cutlets

*Cotolette di Pollo -
My favorite way to make and
eat chicken!*

Yields 8 Servings

INGREDIENTS:

- 4 medium skinless, boneless chicken breasts, cut horizontally in half (width wise), then pounded out to a uniform thickness of about ½ inch.
- Salt and pepper or PGS (Pasta Girl Seasoning) to taste
- 1/3 cup of olive oil
- ½ cup Italian seasoned breadcrumbs (see below)
- Lemon slices for serving

Seasoned Breadcrumbs or Panko

- 1 cup plain breadcrumbs or Panko
- ¼ cup Parmigiano Reggiano cheese, grated
- 2 Tbsp. chopped fresh parsley or 1 Tbsp. dried
- 2 Tbsp. chopped fresh sweet basil
- ¼ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- *Optional: add ½ cup finely chopped raw pistachio nuts



This chicken cutlet recipe, a family favorite, is a delicious alternative to the traditional Sicilian veal. Coated in just olive oil and breadcrumbs (gluten free panko for extra crispiness), it's a hit with kids and adults alike. Serve it with plenty of lemon wedges on the side, topped with a simple arugula salad dressed with olive oil, lemon juice, shaved parmesan and crispy croutons, creamy mashed potatoes, pasta, or a big Italian salad. It's also fantastic in sandwiches.

INSTRUCTIONS:

1. Preheat oven to 350 degrees or prepare outside grill.
2. Place seasoned breadcrumbs in a shallow dish and the olive oil in another shallow dish.
3. Season chicken cutlets with salt and pepper.
4. Using tongs dip the chicken in olive oil, then in the breadcrumb mixture. Pat on both sides to coat well.
5. Place chicken on a lined baking sheet and cook in oven for 10 minutes per side, or grill on an outdoor grill for 3 minutes per side, until internal temperature reaches 145 degrees.