



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

FEB 2010  
Recipe 8

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## Sicilian Style Herbed Chicken Parmesan with Roasted Green Beans, Bell Peppers & Portabellas

### PREPARATION

#### Basic Tomato Sauce

- 1 - Heat olive oil in large saucepan over medium-high heat. Add onions and garlic; sauté until onions are golden, about 10 min. Add carrots and thyme; sauté until carrots are soft, about 5 min.
- 2 - Add tomatoes with juice; bring to boil, coarsely crushing tomatoes with potato masher or fork. Reduce heat to medium-low; simmer until sauce thickens and is reduced to generous 5 cups, about 1 hour. Season sauce to taste with salt and pepper.

#### Chicken Breasts:

- 1 - Place chicken breast halves between two sheets of plastic wrap. Using meat mallet or rolling pin, pound chicken breasts to 1/2-inch thickness.
- 2 - Sprinkle both sides of chicken with salt and pepper. Spread bread crumbs on plate. Whisk eggs to blend in medium bowl. Spread flour on another plate. Coat both sides of chicken with flour, then eggs, then breadcrumbs.
- 3 - Preheat oven to 350°F. Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Working in batches, add chicken to skillet and cook until brown, about 2 minutes per side, adding more oil as needed (chicken will not be cooked through).
- 4 - Transfer chicken to platter. Spread 1 cup sauce over bottom of 15x10x2-inch glass baking dish. Arrange 1 layer of chicken over sauce. Spoon 2 cups sauce over. Sprinkle half of mozzarella, Parmesan, and Pecorino over. Repeat with remaining chicken, sauce, mozzarella, Parmesan, and Pecorino.
- 5 - Bake until cheeses melt and chicken is cooked through, about 20 minutes. Sprinkle with parsley and marjoram and serve.

#### Roasted Green Beans

- 1 - Preheat oven to 425°, then place a jelly-roll pan in oven for 10 minutes.
- 2 - Place beans, mushroom strips and bell pepper strips in a large bowl. Drizzle with oil; sprinkle with salt and pepper. Toss well to coat. Arrange green bean mixture in a single layer on preheated baking sheet. Bake at 425° for 8 minutes or until green beans are crisp-tender.



### INGREDIENTS

#### Basic Tomato Sauce

- 1/4 cup GC Farms' extra-virgin olive oil
- 1 3/4 cups chopped onions
- 4 tablespoons GC Farms' chopped garlic in water
- 3/4 cup coarsely grated peeled carrots
- 3 tablespoons chopped fresh thyme
- 2 28-ounce cans peeled whole tomatoes in juice

#### Chicken Breasts

- 10 skinless boneless chicken breast halves
- 3 cups fresh breadcrumbs (from crustless French bread ground in processor)
- 2 large eggs
- 1 cup (about) all purpose flour
- 5 tablespoons GC Farms' extra virgin olive oil, divided
- 3 cups coarsely grated well-drained fresh water-packed mozzarella, divided
- 1 1/4 cups freshly grated Parmesan cheese, divided
- 1 1/4 cups freshly grated Pecorino Romano cheese, divided
- 2 tablespoons chopped fresh Italian parsley
- 1 tablespoon chopped fresh marjoram

#### Roasted Green Beans

- 2 pounds green beans, trimmed
- 1/2 pound portabella (portabello) mushrooms, sliced
- 1/2 pound red bell peppers, sliced
- 4 teaspoons GC Farms' extra virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

### COOK'S NOTE:

When making chicken parmesan, be sure not to use too much oil -- the desired result should be light and flakey.

Bon Appetit!  
-George

(photo by Marc-Henri)