Chicken Parmesan

Sauce Chicken and Pasta

2 Tablespoons oil 4 boneless chicken breasts

1 clove garlic 8 ounces spaghetti

1/4 teaspoon oregano 1 egg

pinch of red pepper flakes 1 Tablespoon flour

28 ounce can crushed tomatoes 1/2 cup Parmesan cheese

1/4 teaspoon sugar 1/2 cup panko bread crumbs

3/4 teaspoon salt 1/2 teaspoon garlic powder

1/2 teaspoon oregano

1/3 cup canola oil

1/2 cup shredded mozzarella cheese

2 Tablespoons fresh basil

For the sauce: heat 1 T. oil until simmering. Add garlic, salt, oregano and red pepper flakes.

Stir in tomatoes and sugar. Bring to boil. Reduce heat to simmer and cover with lid and cook 20 minutes.

Pound each chicken breast to 1/2 inch thick.

Season with salt and pepper and let sit 20 minutes.

Cook pasta according to package directions.

Toss pasta with 3/4 cup pasta sauce. Cover.

Whisk together eggs and flour in shallow dish.

Combine Parmesan, panko, garlic powder, oregano, and 1/4 teaspoon pepper.

Dunk chicken in egg mixture and then dredge in panko mixture.

Heat oil in skillet. Add chicken and cook 3 minutes per side.

Transfer chicken to foil lined baking sheet and sprinkle with mozzarella.

Broil until cheese is melted and beginning to brown.

Top each piece of chicken with 2 Tablespoons of sauce and 1 Tablespoon fresh basil.