Italian Dressing Chicken Breasts

1/4 cup Parmesan cheese, grated

1/4 cup olive oil

3 garlic cloves, minced

2 teaspoons lemon zest, grated

1 Tablespoon lemon juice

1 3/4 teaspoons salt

1 teaspoon sugar

1 teaspoon Italian seasoning

1/2 teaspoon red pepper flakes

1/2 teaspoon pepper

4 bone in chicken breasts

1 1/2 Tablespoons fresh parsley, minced

Italian Seasoning Blend

2 1/2 Tablespoons oregano

2 1/2 Tablespoons thyme

1 Tablespoon basil

1 Tablespoon rosemary

1 Tablespoon sage

Combine Italian seasoning ingredients.

Combine parmesan, oil, garlic, lemon zest, 1 1/2 t. salt, sugar, Italian seasoning, pepper flakes and pepper.

Add marinade to chicken.  Cover and refrigerate 1-24 hours.

Remove chicken from marinade and cook in a skillet 12-15 minutes.

Flip chicken and add reserved marinade to skillet.

Transfer skillet to a 375 oven and roast 20-25 minutes.

Let chicken rest 10 minutes.  Transfer to cutting board.

Stir parsley, lemon juice and 1.4 t. salt into pan juices.

Slice each chicken breast crosswise into 1/2" slices.