

Baked Parmesan Chicken

½ cup butter

1 slice whole wheat bread or amount needed to make about 1 cup soft crumbs, not packed

2 or 3 sprigs fresh parsley to make about ¼ cup minced

paprika, optional

½ cup Parmesan cheese

1/8 teaspoon garlic powder

1/8 teaspoon salt

2 pounds boneless chicken breast pieces

1. Melt butter in baking pan at about 250 degrees.
2. Meanwhile, mix together bread, parsley, Parmesan cheese, garlic powder, and salt in a blender or food processor until small bread crumbs are formed.
3. Remove skin and visible fat from chicken.
4. Remove melted butter from oven and coat chicken first in the butter, then with crumb mixture.
5. Lay chicken in remaining butter in pan, top with any remaining crumb mixture, sprinkle with paprika if desired, and bake uncovered at 350 degrees until tender, about an hour. Baste chicken a time or two during baking.
6. Cover with foil if the coating starts to brown too much before chicken is tender.

Serves 6.