

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chicken Parmesan

From *Everyday Italian*

Serves 4

1 tablespoon olive oil
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh flat-leaf parsley
4 chicken cutlets (about 3 ounces each)
salt
freshly ground black pepper
 $\frac{3}{4}$ cup marinara sauce
 $\frac{1}{4}$ cup shredded mozzarella cheese
8 teaspoons freshly grated Parmesan cheese
1 tablespoon unsalted butter, cut into pieces

Preheat the oven to 500 ° F. In a small bowl, stir the oil and herbs to blend. Brush both sides of the cutlets with the herb oil and sprinkle with the salt and pepper. Heat a large, heavy ovenproof skillet over a high flame. Add the cutlets and cook until brown, about 1 minute per side. Remove from the heat.

Spoon the marinara sauce over and around the cutlets. Sprinkle 1 tablespoon of mozzarella over each cutlet, then sprinkle 2 teaspoons of Parmesan over each. Dot the tops with the butter pieces, and bake until the cheese melts and the chicken is cooked through, about 5 minutes.