

## Chicken

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# Parmigiano and Herb Chicken Breast Tenders

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### Servings: 4

*To ease clean-up, try using disposable tin pie plates for the flour, egg and breadcrumbs.*

*To make the tenders "Parmigiano", place a little of the "Simple Tomato Sauce for Chicken Parmigiano" on top. Cover the chicken with the shredded provolone cheese and Parmigiano. Place in the oven or broiler to melt the cheese, then serve.*

**extra-virgin olive oil**

**1 1/2 pounds chicken breast tenders**

**salt and pepper**

**1 cup all-purpose flour**

**2 large eggs, beaten with one cup of water**

**BREADING**

**2 cups Italian-style breadcrumbs**

**1 cup Parmesan cheese, shredded**

**6 sprigs (2-3 tablespoons) fresh thyme leaves, stripped and chopped**

**6 sprigs (3 tablespoons) fresh rosemary leaves, finely chopped**

**2 handfuls flat-leaf parsley leaves, chopped**

**4 cloves garlic, finely chopped**

**1 teaspoon crushed red pepper flakes**

Preheat the oven to 350 degrees.

Place a nonstick cookie sheet in the oven with a foil liner.

Heat 1/2-inch of olive oil in a large nonstick skillet over medium to medium-high heat.

Season the chicken tenders with salt and pepper. Wash your hands.

Place the flour in a shallow dish.

Beat the eggs with water in a second dish alongside the flour.

In a third dish, combine breadcrumbs, Parmesan cheese, thyme, rosemary, parsley, garlic and red pepper flakes.

Coat the chicken in the flour, then the egg and finally the bread and cheese mixture.

Cook the chicken until deeply golden on each side, 3 to 4 minutes. Transfer the chicken to a cookie-sheet in the preheated oven and finish off for another 5 minutes of cooking time. (Cook the chicken five or six tenders at a time in a single layer, adding additional olive oil if necessary. If the chicken begins to brown too quickly, lower the heat slightly.

Serve the chicken hot or cold or complete as a Parmigiano.

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Per Serving (excluding unknown items): 251 Calories; 9g Fat (32.6% calories from fat); 15g Protein; 27g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 409mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.