

Crispy Italian Chicken

INGREDIENTS

- **1 cup Italian-seasoned panko breadcrumbs**
- **4 (6-ounce) skinless, boneless chicken breast halves**
- **1/3 cup avocado or olive oil based mayonnaise**
- 2 tsp. olive oil
- **1 pint cherry tomatoes**
- 1 tsp. salt and pepper
- **1 cup shredded Italian-blend cheese**
- Torn fresh basil leaves (optional)

Side Dishes:

- Roasted zucchini
- Whole wheat penne pasta tossed in olive oil, lemon juice and parmesan cheese

DIRECTIONS

1. Preheat oven to 400 degrees
2. Meanwhile, pound chicken breast halves between two sheets of parchment or plastic wrap until they are evenly thick (this is worth the effort!). Spread mayonnaise all over each chicken breast half- I like using a brush. Dredge chicken, one piece at a time, in panko, pressing to adhere panko to mayonnaise.
3. Line a baking sheet with parchmenet paper. Arrange chicken on one side of baking sheet; put tomatoes on the other side. Drizzle tomatoes with 2 tsp. olive oil and season with 1 tsp. each salt and black pepper. Roast chicken for about 17 minutes or until chicken is 165 degrees.
4. Remove pan from oven; sprinkle chicken with cheese. Gently smash tomatoes. Return to oven and roast until cheese is melted, about 5 more minutes. Spoon tomatoes over chicken. Sprinkle basil over top, and enjoy!!

5 Ingredient
5 Dinners

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