



## **Chicken Parmesan with Roasted Marinara**

### **Makes 4 Servings**

8-10 San Marzano or Roma Tomatoes  
12 Onion, Sliced  
4-6 Cloves of Garlic  
Olive Oil  
1/4 Cup Red Wine  
2 Tbsp South Lyon's Own Spaghetti Blend  
2 Lg Chicken Breasts  
1 Cup Panko Breadcrumbs  
Cooking Spray  
4 Slices Provolone Cheese  
Freshly Grated Parmesan

### **Preparation:**

Preheat oven to 375°.

Cut your tomatoes in half, and using your fingers, scoop out the gelatinous center. Place tomatoes facing down on a sprayed cooking sheet. Place some of the tomatoes facing up and use these as holders for the garlic. This actually prevents the garlic from burning, and as a bonus really infuses the tomatoes with flavor. Drizzle with olive oil and sprinkle with 1 tbsp South Lyon's Own Spaghetti blend.

Roast until veggies are caramelized, about 40 minutes. Place in a blender and puree.

Pour the blended veggies into a sauce pan and add 1 Tsp South Lyon's Own Spaghetti Blend and 1 tsp brown sugar. You add the sugar to balance the acidity of the tomatoes. Simmer on low till ready to use.

Reduce oven to 350°.

Carefully slice you chicken breasts in half and place in a zip lock back and pound them thin. You want them all the same thickness to ensure even cooking.

Dredge in flour, dip in egg and cover with breadcrumbs. Place on sprayed sheet pan. Use remaining South Lyon's Own Spaghetti Blend to sprinkle over breadcrumbs. Spray the tops lightly with cooking spray. Bake for 20 minutes. Remove from oven and add a slice of provolone cheese to the top of each pice of chicken. Return to oven till melted.

Serve with your choice of pasta and a side salad for a fabulous meal!

Enjoy!