

Skillet Chicken Parmesan

3/4 cup Bisquick

1 teaspoon Italian seasoning

2 tablespoons grated Parmesan cheese

1 egg

4 boneless skinless chicken breasts (4 oz each)

3 tablespoons olive or vegetable oil

1 can pasta sauce

1 cup shredded Italian cheese blend (4 oz)

Pat chicken to dry. If breasts are thick, slice in half horizontally.

In shallow dish or pie plate, mix Bisquick, Italian seasoning and Parmesan cheese.

In another shallow dish or pie plate, beat egg.

Coat chicken with Bisquick mixture, then dip into egg, and coat again with Bisquick mixture.

In 12-inch nonstick skillet, heat oil over medium heat. Add chicken; cook 4 to 6 minutes, turning once, until golden brown.

Skillet Method: Cover; cook 8 to 10 minutes longer, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).

Remove from skillet to plate.

Oven Method: After browning in the skillet, place in oven-proof metal baking pan in preheated 375 degree oven for 25 minutes, uncovered.

Pour pasta sauce into skillet. Place chicken on top of sauce. Sprinkle with Italian cheese blend. Cover; cook 2 to 3 minutes or until bubbly and cheese is melted.

Serve over cooked spaghetti noodles.