

Chicken Parmesan with Marinara Sauce

Ingredients:

- 2 chicken breast (~5-6 ounces each)
- 1/3 cup all-purpose flour
- 1 teaspoon of salt
- 1/2 teaspoon freshly ground pepper flakes
- 2 eggs
- 1 ½ cup - 2 cups panko
- 1 cup freshly grated parmesan cheese
- 1 cup shredded mozzarella or sliced mozzarella (depending on preference)
- 2 cups spaghetti sauce



Instructions:

1. Butterfly chicken breast into halves, about an inch thick (less is ok) to make 4 chicken breast halves.
2. Mix in salt, peppers and flour together in a big bowl, set aside.
Beat the eggs in a bowl. Set aside.
Mix grated parmesan cheese with panko in a flat pan.
Lightly dust the chicken in the flour mixture, next dip the chicken in the eggs and then evenly coat it with the panko. Continue this step until all chicken is completely coated.
Heat a 10-inch skillet, filled with cooking oil to about an inch thick (about 1 cup).
Once the oil starts to glisten, slowly add the chicken and pan fry 3-4 minutes on each side or until golden brown under medium heat.
3. In a separate skillet, heat the spaghetti sauce. Once the sauce starts to bubble, transfer fried parmesan chicken on top of the sauce, sprinkle shredded mozzarella evenly on each chicken breast. Cover and cook until cheese is melted.
4. Serve with pasta of choice.

You can add paprika and some cayenne powder to the flour mixture, or once the chicken is done cooking sprinkle some pepper flakes over if you like some kick to it.

Kid-Friendly Potato Salad

Ingredients:

4-5 medium size potatoes

3 eggs

*1/2 cup chopped celery/ or shredded carrots

*1/2 cup of chopped cucumber, if adventurous can use
broccoli florets

1/4 tsp garlic salt

1/4 tsp celery salt

ground black pepper to taste

1/4 cup mayonnaise

2 Tbsp. plain Greek yogurt or Ranch dressing

*1 Tbsp. Dijon mustard

** Optional ingredients- can add one by one depending on child acceptance.*



Instructions:

1. Bring a large pot of salted water to a boil.
2. Add potatoes and cook until tender but still firm, about 15 minutes.
3. Drain, cool, peel and chop.
4. Place eggs in a saucepan and cover with cold water.
5. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
6. Remove from hot water, cool, peel and chop.
7. In a large bowl, combine the potatoes, eggs, celery, cucumber/broccoli florets, garlic salt, celery salt, mustard, pepper, mayonnaise and Greek yogurt.
8. Mix together well and refrigerate until chilled.

Peacehealth.org/picky-eaters

Source: Jendy Newman, RD, CDE & Tok-Hui Yeap, RD, CSP
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