



# Romesco Chicken

Serves 4

- 4 each boneless, skinless chicken breast halves (6-8 oz. each)
- 3 cups Italian or crusty French bread cubes
- 1 cup sliced almonds
- $\frac{1}{4}$  cup all-purpose flour, seasoned with salt and pepper
- $\frac{1}{4}$  cup Parmesan cheese, grated fine
- 2 eggs large, beaten
- $\frac{1}{2}$  cup olive oil, either Extra Virgin or Virgin
- 1 oz dried oregano flakes
- salt, pepper, and onion powder to taste

## Preparing the Chicken

1. Trim fat from breast halves and rinse in cold water, then pat dry. Season both sides of the chicken breast with pepper and garlic salt.
2. Pulse bread cubes in a food processor to make coarse crumbs. Add almonds and pulse to chop. Transfer the bread crumb-almond mixture to a shallow dish. Add dried oregano and onion powder and mix thoroughly.
3. Place seasoned flour, grated Parmesan cheese in a second shallow dish.
4. Blend eggs and water with a fork; beat and place in a third shallow dish.
5. Dredge both sides of chicken in flour-cheese mixture and coat generously, then dip the flour-coated chicken into egg mixture to coat. Transfer chicken to crumb mixture and pat onto both sides; place on a baking sheet.
6. Heat olive oil in a large skillet over medium heat. Sauté chicken until golden brown. Carefully flip chicken and sauté until golden brown on the second side. Transfer to a baking sheet lined with foil and sprayed or brushed lightly with olive oil. Place the chicken breasts in a preheated oven at 325 degrees and bake for 10 minutes or until done in the center. Remove and serve immediately.

## Preparing the Romesco Sauce

- 1½ cups roasted red bell peppers, drained (purchase in jars or roast your own)
- 1½ cups Roma tomatoes, roasted, peeled and seeded (you can substitute canned plum tomatoes)
- ½ cup chicken broth
- 2 tbsp fresh lemon juice
- 2 tbsp Extra Virgin olive oil
- 1 cup Spanish onion, minced fine
- 4 each garlic cloves, minced fine
- 2 oz fresh oregano, chopped fine
- 2 oz fresh Parmesan cheese, shaved with potato peeler
- salt and pepper to taste

1. In a food processor combine the roasted bell pepper, tomatoes, chicken broth, lemon juice, chopped fresh oregano and blend until smooth.
2. In a saucepan heat the olive oil and sauté the onions until golden, add the garlic and sauté a minute more. Add the mixture from the food processor; simmer rapidly for 10 minutes, or until slightly thick. Season with salt and pepper.
3. To plate, place a spoonful of sauce on the plate. Place a chicken breast on the sauce puddle, and then a tablespoon of sauce on top of the breast. Put 2 to 3 Parmesan cheese shavings on top and sprinkle on a little chopped fresh oregano and a few slivered almonds.

## Zucchini Linguine

Serves 4

- 4 each zucchini, 8 inches long with ends trimmed
  - 2 tbsp Extra Virgin olive oil
  - 1 oz fresh lemon juice
  - salt and pepper to taste
1. Julienne the outsides of each zucchini lengthwise into 8-inch long strands using a mandolin or by hand. Discard seed core.
  2. Heat olive oil in a large nonstick skillet over medium-high heat. Add zucchini and carefully sauté until soft. Season with lemon juice, salt and pepper.

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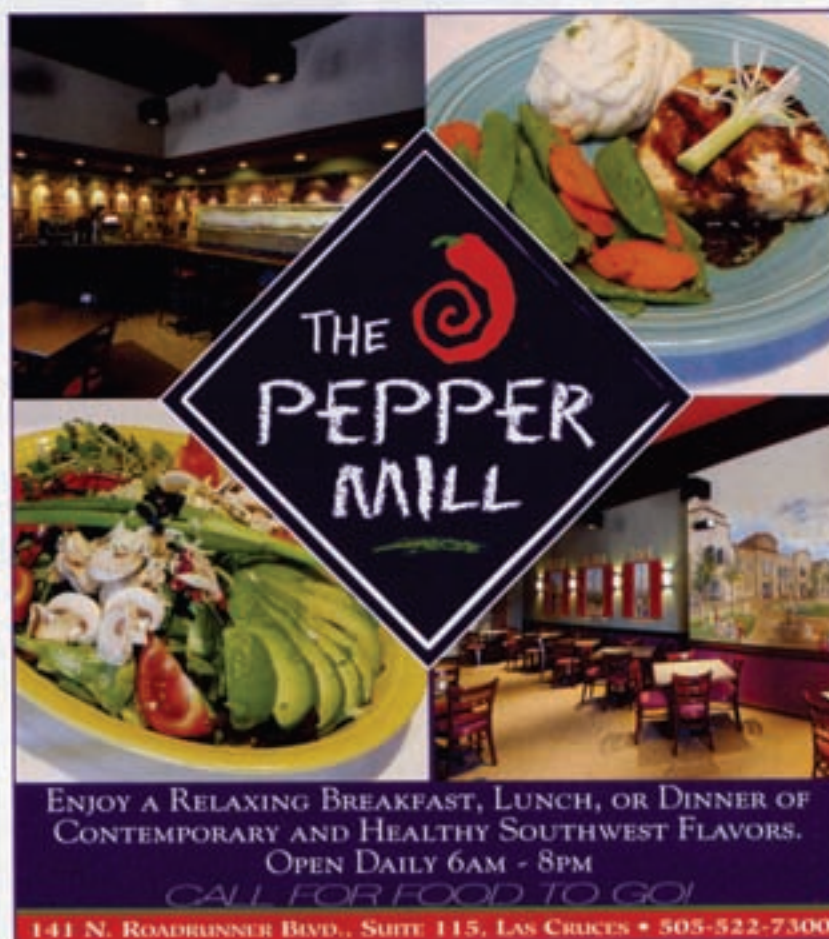


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