**Parmesan Chicken & Pasta**

**Chicken:**

-5 Boneless Skinless Chicken Breasts, thawed, slice in half so they’re skinny

-2 Eggs, whisked

½ to ¾ cup dry bread crumbs

Heat ¼ cup oil in frying pan

Dip chicken into egg then bread crumbs, then place in fry pan to brown, undercook slightly but crisp the edges.

Place chicken into large baking or lasagne pan, covering with desired amount of shredded cheese (marble or your favourite) and sprinkle with parmesan cheese. Bake in oven at 400 for about 15 mins. Chicken should be done.

In the meantime….

**Pasta Sauce:**

In large fry pan, heat 2 Tablespoons oil, add 2 crushed garlic cloves, sizzle garlic, do not burn, stir in:

-1 (28 oz) can diced tomatoes

-1/2 teaspoon dried basil

-1/4 teaspoon dried oregano

-1/4 tsp sugar

-sprinkle with salt and pepper

Bring sauce to a simmer, and simmer for 10 minutes.

**Pasta:**

Using your large soup pot, bring water to a boil, cook about 8oz of linguine or enough for your family. Drain pasta and serve.

Have extra parmesan at the dinner table.

Makes enough for 6 people.