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The POWER of FOOD: Culinary Skills for Optimum Nutrition
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The Tastiest Chicken Cutlets and Nuggets Ever

For the marinara sauce:

1-2 cans crushed, diced or peeled plum tomatoes (my favorite: Red Pack)
1-2 bay leaves
2-4 cloves of garlic
.5-1 tsp dried oregano
.5-1 tsp dried basil
1/4 tsp olive oil
Salt and black pepper to taste

To make the Cutlets and Nuggets:

Clean breasts of any visible fat. Cut tenderloin away from rest of breast, following line of white connective tissue down top of breast. Slice thinly, 1/8 inch slices, starting at top. Use auxiliary hand on top of breast, parallel to cutting surface. Slice tenderloin into 1/4 inch medallions for nuggets.

Crack and whip 1-2 eggs in prep bowl to dredge chicken in. Add salt, pepper and any other herbs to egg. Add all cutlets. Coat all pieces sufficiently. Use high-walled Tupperware for breadcrumb coating. Pick up egged cutlet towards the end, not in middle, and let egg drip and drain as much as possible. Place in breadcrumbs. Use a shaking method to evenly coat the cutlets. You can drain egg off cutlet with one hand while shaking and coating other egged cutlets with breadcrumbs, effectively processing the chicken in half the time.

When finished with cutlets, dump all nuggets into egg to coat them, then transfer to breadcrumbs and shake to coat.

To bake in oven:

375-400 degree preheated oven. Drizzle olive oil to cover bottom of rimmed baking sheet or pan. Place breaded cutlets and nuggets on tray, making sure they're not touching each other. Use bottom rack to first bake chicken. After turning them (5-7 minutes), transfer to upper tray. Cook 5 minutes and remove to glass bowl or plate. No paper towel necessary.

Enjoy!! 😊👓