

Chicken Parmesan

½ cup all-purpose flour  
8 boneless, skinless chicken breast halves, pound to uniform thickness  
½ cup olive oil  
2 Tbsp butter  
4 clove garlic, minced  
1 medium onion, chipped  
¾ cup wine (white or red)  
3 (14.5-oz) cans of crushed tomatoes  
2 Tbsp sugar  
½ cup chopped fresh parsley, divided, plus more for garnish  
1½ cups freshly graded Parmesan cheese  
1 lb thin linguine (or other pasta), cooked al denté  
  
Combine flour with salt and pepper to taste on a large plate. Sprinkle chicken breasts on both sides with salt and pepper, then dredge them in the seasoned flour. Set aside.

Heat oil and butter in a skillet on medium-high. Fry chicken until golden, about 3 minutes per side. Keep warm. Add garlic and onion to pan. Cook for 2 minutes.

Pour in wine and scrape skillet, getting flavourful bits off bottom. Cook for 3 minutes or until liquid is reduced by half.

Stir in tomatoes, sugar, and salt and pepper to taste. Reduce heat to low and cook for 30 minutes. Add ⅛ cup parsley and ½ cup Parmesan.

Arrange chicken on top of sauce; sprinkle remaining cheese over top. Cover skillet and simmer until cheese melts and chicken is hot. Sprinkle with ⅛ cup parsley. Put pasta on plate; top with chicken, sauce, and parsley.

Serves 8