

**Parmesan Crusted Chicken Meal**  
**40 - Two Person Meals**

**PRINT** *Enlarged Assembly Directions on pages 3 & 4 and Other Meal Recipes, Assembly Directions, Assembly Layouts*

This recipe is 20 times the original recipe on page 5.

Note: This is a two person meal as opposed to the usual four person meal.

**Parmesan Chicken Food Items Shopping List:**

- 10 cup (or 80 oz.) Hellman's (Light) Mayonnaise
- 6 2/3 cup (or 27 oz.) grated parmesan cheese
- 20 Tbsp. (1 1/4 cups) lemon juice
- 80 fresh, not frozen, boneless skinless chicken breasts
- 80 Tbsp. (5 cups) Italian seasoned dry bread crumbs

**Parmesan Chicken Packaging Items Shopping List:**

- 40 foil pans with lids (have more on hand)
- 40 Jumbo 2 gallon Ziploc bags (have more on hand)
- Labels - 4 sheets of 10 per page for a total of 40 Parmesan Crusted Chicken Breasts Labels (have more on hand)
- Labels - 4 sheets of 10 per page for a total of 40 Meal Labels (have more on hand for extra meals)
- 40 Prayer Cards (have more on hand)
- 40 Reply Cards (have more on hand)

**Parmesan Chicken Utensils Needed:**

***Preparation:***

- 1 Cup, 2/3 cup and 1/4 cup measurers
- 1 Tablespoon measurer
- Large Mixing bowl for Mayonnaise, Parmesan Cheese and lemon juice
- Spoon for mixing mayonnaise and lemon juice
- Large colander to rinse chicken
- Sharp knife or kitchen shears to trim fat
- Cutting board
- Large bowl for trimmed chicken breasts

***Assembly:***

- Tongs
- 1/4 cup measurer
- Spatula for spreading mixture on chicken breasts
- 1 Tbsp. for bread crumbs
- Disinfecting Wipes
- Disposable Gloves
- Tape
- Scissors

**Parmesan Chicken Kitchen Prep:**

- Chicken Prep
  1. Rinse chicken
  2. Trim fat if desired. (Tip: kitchen shears works best.)
  3. If needed, cut chicken so that 2 nice size portions fit into pans.
- Mayonnaise Mixture Prep
  1. Mix mayo, parmesan cheese and lemon juice in a large bowl

**Parmesan Chicken Assembly:**

1. Spray pan with cooking spray
2. Place two chicken breasts in each 5 1/2 x 8 foil pan using tongs
3. Spread both breasts with little 1/4 c. mayo mixture - about 2 Tablespoons each breast
4. Sprinkle each breast with about 1 Tbsp. bread crumbs (2Tbbs per pan)
5. Add lid making sure edges of pan are clean
6. Apply Parmesan Crusted Chicken Breasts Label

# Parmesan Chicken

1. Spray Pan with oil

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2. Place two chicken breasts in each foil pan

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3. Spread both breasts with 1/4 cup mayo mixture, about 2 Tbsp. for each breast

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4. Sprinkle each breast with 1 Tbsp. bread crumbs



5. Add lid making sure edges of pan are clean



6. Apply Parmesan Crusted Chicken Breasts Label.



## **Parmesan Crusted Chicken Original Recipe - serves 4**

(Recipe from Schnucks Cooks)

### **Ingredients**

- 1/2 cup mayonnaise
- 1/3 cup grated parmesan cheese
- 1 T lemon juice
- 4 boneless skinless chicken breasts, fresh only
- 4 T Italian seasoned dry bread crumbs

### **Directions**

1. Preheat oven to 425 degrees F
2. Mix mayonnaise, parmesan cheese and lemon juice in a small bowl
3. Lay chicken breasts on baking sheet, spread may mixture evenly on top
4. Evenly sprinkle bread crumbs on top on each chicken breast.
5. Place in oven and bake for 20 minutes or until chicken is cooked thoroughly and juices run clear.
6. Season with a dash of fresh cracked pepper and sea salt if desired.