

Main Dish

Dutch Oven Chicken Parmesan

Makes 4-6 servings

Prep time: 10 minutes to gather ingredients and coat the chicken

Allergy Alert: Dairy, gluten

Ingredients

6 boneless, skinless chicken breasts (about 2 pounds) or about 2 pounds of chicken tenders

2 Tbsp. olive oil

1/2 cup grated Parmesan cheese (2 oz)

1/4 cup dry breadcrumbs

1 tsp. dried oregano leaves

1 tsp parsley flakes

1/4 tsp. paprika

1/4 tsp. salt

1/4 tsp. black pepper

(Spicy option: substitute up to 1/4 tsp. red pepper for black pepper)

Slow Cooker Instructions

Ready for testing and writing

Dutch Oven Instructions

Cooking time: 20 to 25 minutes

Ideal Dutch Oven size: 12"

Coals: 11 Bottom 17 Top (~400 degrees)

1. Prepare charcoal for a 400 F oven. (For a 12 inch oven, use about 34 full briquettes – 9 on the bottom and 25 on top)
2. Combine all dry ingredients except cheese in a 2-gallon zip lock bag.
3. Place a zip lock bag over your hand and rub down the chicken with olive oil.
4. Place chicken in with dry ingredients and shake.
5. Arrange in a single layer on the bottom of the Dutch Oven.
6. Cover with shredded cheese.
7. Drizzle 2 tablespoons of olive oil over the cheese.
8. Bake 20 to 25 minutes or until tender.
9. About half-way through cooking, the breasts can be turned to brown both sides, if desired.
10. Remember to turn the oven 1/4 to 1/3 turn every 8 to 10 minutes to make heat even.

Notes

- If you want to avoid the mess of breading the chicken, use chicken tenders or chicken nuggets.