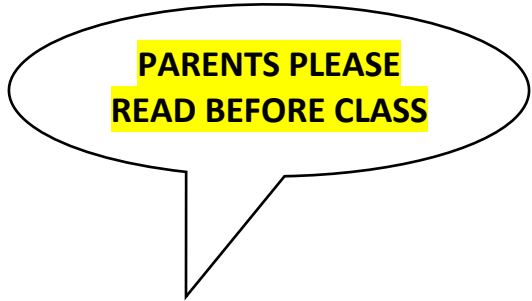




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## Baked Chicken Parmesan

INGREDIENTS:	COMMENTS FOR PARENTS & KIDS:
1) 1lb chicken breast tenderloins	If you have chicken breasts, please cut them into tenderloin pieces ahead of class.
2) 1 stick butter (salted or unsalted)	
3) 1/2 cup Italian Seasoned Breadcrumbs	
4) 2 cups corn flakes cereal	
5) 1/2 cup grated cheese (Parmesan, Reggiano, Parmesan/Reggiano)	If you do not have grated cheese, please grate it ahead of class.
6) 1 Jar Prepared Tomato or Pasta Sauce (18-24 oz.)	Any kind that you like-traditional, garden veggie, etc...
7) 1 Package 10-16oz Mozzarella Cheese	Fresh Mozzarella cheese (not shredded/dry)
8) Basil Spice	Not Fresh Basil
EQUIPMENT:	
1) Parchment Paper	
2) Baking Pan	
3) Gallon Size Zip-lock Bag	
4) Rolling Pin	
5) 2 Large Bowls	
6) 1 Plate	Can be a paper plate
7) Plastic Knife	If your parents allow you to use a butter/regular knife, that is OK but please ask your parents ahead of class.
8) Microwave	Kids should know how to operate microwave ahead of class.
9) Whisk	
10) Set of Measuring Spoons & Measuring Cups	
11) Toaster Oven or Regular Oven	Kids should know how to turn on, adjust temp. & timer on your oven ahead of class.
12) Food Thermometer	To measure the temp. of your meat after it cooks.
13) A Kitchen Work Surface (kitchen counter)	
14) Access to Water & Soap	
15) Trash Can	
16) Paper Towel/Kitchen Towel	
17) Apron (optional)	



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#### **INSTRUCTIONS:**

- 1) Heat oven to 450°F. Open up, wash & dry chicken.
- 2) Melt 1 stick butter for 30 seconds. Place melted butter into a large bowl & whisk it.
- 3) Measure and put corn flakes into a large zip lock bag. Crush up corn flakes with a rolling pin.
- 4) Combine crushed up corn flakes, Italian breadcrumbs, & parmesan cheese in a bowl.
- 5) Dip chicken tenders into butter, then into the corn flakes mixture & place onto your prepared baking sheet.
- 6) Bake chicken for 20-25 minutes.
- 7) Cut up mozzarella cheese slices. Once chicken is baked, top chicken with tomato/pasta sauce, mozzarella Cheese & basil and bake for additional 5 minutes or until cheese is melted.
- 8) Measure chicken temperature with food thermometer, chicken temperature should be greater than 165F.