

Easy and quick chicken francese

Quick and easy Chicken Francese

Quick and easy chicken Francese is a lightly battered pan-fried chicken breast meal with an elegant white wine lemon sauce. It's like chicken piccata, but with a thicker sauce, more of it, no capers and lemon flavors, and a delicious crust that soaks up the sauce. Chicken Francese a lovely restaurant dish that's easy to make at home. It's hallmark is the light golden crust created by dredging chicken breast in flour and egg before pan-frying them to a golden perfection. Once cooked the chicken cutlets are covered in a tangy lemon sauce. This recipe is ideal for busy weeknights when you want something elegant but don't have hours to spend in the kitchen, and it's fancy enough for Saturday night dinner with friends.

What makes chicken Francese quick and easy is its minimal ingredients and straightforward preparation. With basic pantry ingredients, you can whip up this chicken dish in under 30 minutes. Pair it with simple sides like steamed vegetables, pasta, or a crisp salad for a complete meal. Whether you're hosting guest or feeding your family. Chicken Francese is sure to be a hit with its bright flavors and beautiful presentation.

Tips for making Quick and easy

Chicken Francese

To ensure your chicken francese turns out perfect every time, start by pounding the chicken breast to an even thickness. This helps them cook evenly and quickly. Season both sides of the chicken with salt and pepper before dredging them in flour, and be sure to shake off any excess to avoid overcoating. When dipping the chicken breast into the egg mixture, let the excess egg drip off before placing in the hot pan to achieve a delicate golden crust.

When making the lemon butter sauce, use fresh lemon juice for the best flavor- it brightens the dish and balances the richness of the butter. Deglaze the pan with the wine and scrape up all the browned bits from the bottom, that's where the deep flavors are.

Let the sauce simmer briefly to thicken slightly before returning the chicken back to the pan. Serve immediately, garnish with fresh Italian parsley and lemon slices, for a dish that's as beautiful as it is delicious. ENJOY!!!

Ingredients

- 2 large skinless boneless chicken breast
- 1/2 cup flour
- 2 eggs
- 3Tbsp, olive oil
- 1 lemon thinly sliced
- lemon juice from 1 lemon
- 3 Tbsp. butter
- 2 cups chicken stock
- 1/2 cup white wine
- 1/2 cup chopped Italian parsley
- salt and pepper to taste

Instructions

1. Cut in chicken breast in half horizontally to form 4 thin breast in total
2. whisk the eggs slightly
3. Add salt and pepper to the flour
4. Coat the chicken first in the flour then in the egg
5. In a non- stick saute pan heat the oil over medium high heat
6. Cook the chicken until golden on both sides about 3 minutes per side. Then remove and set aside. Wipe the pan clean using paper towels.
7. In the same pan melt the butter. add 2 tbsp. of flour and cook stirring for 1 minute with a wooden spoon. While stirring add in the wine waiting until it evaporates before adding in the chicken stock. lemon juice and lemon slices. Simmer for 4-5 minutes or until the sauce thickens.
8. Return the chicken to the pan just to heat through, add the parsley. Plate the chicken pour the lemon sauce over it ,garnish with more Italian parsley and lemon slices .
ENJOY!!!!

Roast spatchcock chicken with vegetables

Roast spatchcock chicken with

vegetables

This roast spatchcock chicken with vegetable is delicious, easy to make and ready in less than 1 hour.

There is something undeniably satisfying about serving a perfectly roasted chicken, but when you take it up a notch with the spatchcock technique, the results are next-level. spatchcock, where the backbone is removed and the bird is flattened, allows for even cooking and a irresistible crispy skin. It's a simple adjustment that transforms a traditional roast chicken into a culinary masterpiece.

I first discovered this method a few years ago when cooking Sunday dinner for my family and friends. My mom always taught me to roast the chicken the traditional way, but on this day time was short. I needed a way to cook the chicken faster without sacrificing any flavor or appearance. Enter the spatchcock technique -a game changer.

What I love most about this Roast spatchcock chicken with vegetables

What I love most about this spatchcock method of roasting chicken is how it creates perfectly even cooked chicken every time. The flattened chicken cooks faster, so your not left waiting for the thickest part of the breast to finish cooking. The exposed surface means more even seasoning and golden-brown crispy skin = the best part in my opinion. Plus it's easy to prepare and you have a complete restaurant quality meal that is on your table from start to finish in less than an hour.

This Roast spatchcock chicken with vegetables is more than just a cooking recipe – it's a way to elevate a classic meal

into something truly impressive. Whether you are preparing it for a family dinner or for a holiday gathering with friends, spatchcock chicken with vegetables is bound to steal the spotlight. Once you have tried this method of roasting chicken there is no going back.

I hope this recipe inspires you to give this roast spatchcock chicken with vegetables a try. If you do, let me know how it turns out- I'd love to hear about your experience with the recipe. THANKS!!!

Ingredients

- 1 whole chicken 4-5 lb.
- 1 stick of butter
- 1 Tbsp. each garlic + onion+ paprika powder divided in half we are using half to season the compound butter and the other half to season the vegetables
- 1 Tbsp. rosemary + 1 Tbsp. Italian parsley
- 4 medium peeled and cut in half potatoes
- 4 peeled and cut in half carrots
- 2 peeled and quartered onions
- 2 Tbsp. olive oil
- 1 cup white wine
- 1 sliced lemon
- salt and pepper to taste

Instructions

1. Start by cleaning out the cavity of your chicken then wash and pat dry. Lay the chicken breast bone down on a cutting board. Hit the back of the chicken hard with a mallet to loosen the back bone. Then using a knife or a pair of chicken scissors cut the backbone away from the chicken.
2. Turn the chicken around and push down with your hands to flatten the chicken. Salt and pepper to taste.

3. Then make the compound butter: In a bowl add soft butter, garlic, onion, paprika powder and mix to make a pasta.
 4. Spread the compound butter all over the chicken top with the chopped rosemary and Italian parsley.
 5. Lay the vegetables on a baking sheet drizzle with the olive oil, and the remaining spices you used to season the compound butter. salt and pepper to taste.
 6. Lay the chicken on top of the seasoned vegetables, add the lemon slices and roast in a preheated 400- degree oven for 45 minutes. Add the wine the last 15 minutes. Let the chicken rest for 10 minutes before cutting. Pour the pan juices over the top. ENJOY!!!!
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Roasted Italian- style chicken

Roasted Italian style chicken

A whole roasted Italian -style chicken with potatoes is a comforting and delicious dish that brings out the simple and deep flavors of Italian cooking. with just a few simple ingredients and 15 minutes of prep time you'll have everything ready to create a meal that's easy enough for busy weeknight family meals and fancy enough for Saturday night dinner with friends.

A roasted chicken with potatoes and vegetables is Italian comfort food that's hard to beat. The chicken turns out juicy with golden, crispy skin, and the potatoes and vegetables soak

up the delicious drippings, becoming tender and caramelized. It's a complete meal made in one pan, easy to make, affordable and always feels like an elegant homemade meal

What makes this roasted Italian style chicken so good

Easy to make: This chicken dinner is prepped in less than 15 minutes and the cooking time is quick. this chicken is baked at a higher temperature and cooks in just under an hour.

It can be prepped ahead of time: you can prepare this meal up to a day ahead of time store in the fridge . then add the potatoes and bake when you are ready to serve.

It's great for left overs to use for chicken sandwiches, add it to pasta dishes and it makes a great addition to salads.

Ingredients

- 1 whole chicken 4- 5 lb.
- 1 Tbsp. each garlic + onion + paprika powder
- 4 peeled potatoes cut in half
- 4 peeled carrots cut in equal pieces
- 2 cups peeled butternut squash cut in medium dice
- 1 peeled sliced onion
- 5-6 cloves of peeled garlic
- 1 sliced lemon
- 1 cup white wine
- 3-4 sprigs of rosemary
- 4 Tbsp. olive oil
- salt and pepper to taste

Instructions

1. start by cleaning the chicken and removing any insides.

Then pat dry.

2. mix the garlic , onion and paprika together. Rub the chicken with the herb mixture rubbing it into the the chicken. Then drizzle with 1 Tbsp. of the olive oil. salt and pepper to taste. Place the potatoes, carrots, butternut squash, lemons, onions and garlic in a large roasting pan. Make room in the center and place the chicken in the middle. Drizzle the vegetables with the remaining olive oil. salt and pepper to taste. Add the rosemary sprigs
3. Bake in a preheated 400- degree oven for 1 hour.
4. Place the chicken on a platter with the vegetables cut the chicken pour the pan sauce over top. ENJOY!!!!

Italian Chicken sausage scarpariello

Italian chicken sausage scrapariello

This Italian chicken sausage scarpariello recipe is the classic Italian-American shoemaker style dish of crispy chicken braised with sausage, peppers and onions. It is tangy, spicy and delicious. The name “scarpariello” is said to come from the Italian word for “shoemaker” the phrase is often associated with dishes that are humble, frugal and made with basic ingredients. It involves braising chicken and Italian sausage with simple pantry staples . It’s not about fancy presentation but about flavor and making the most out of

minimal ingredients.

Variations for this Italian chicken sausage scarpariello recipe

Traditionally this Italian chicken sausage scarpariello recipe is made with bone-in skin-on chicken thighs because I wanted to lighten up the dish and also my family likes chicken breast I used boneless , skinless chicken breast.

You can also use chicken sausage in place of the pork sausage if that fits your taste. Add extra vegetables like mushrooms, or spinach or both for a heartier, veggie-packed version.

For a creamy variation add a cup of heavy cream to the sauce for a richer, creamier texture. You could also melt in some parmesan cheese to deepen the flavor.

These variations allow you to customize the classic flavors of this Italian chicken sausage scapariello to fit your lifestyle and taste while staying true to it's essence!!!

If you make this dish, please leave me a comment on your experience with this Italian classic recipe. I love hearing from you. It's my favorite part. And it helps others. THANKS!!!

Ingredients

- 2 lbs. chicken breast or bone in chicken thighs
- 2 -3 links spicy Italian sausage
- 1 sliced onion
- 1 red and 1 green sliced bell peppers
- 2-3 medium potatoes cut into medium dice
- 2 Tbsp. minced garlic
- 1 cup pickled cherry peppers hot or sweet + 1/2 cup pickling juice from the jar

- 1 cup white wine
- 1 cup chicken stock
- 2 Tbsp. chopped Italian parsley

Instructions

1. preheat oven to 375-degrees
 2. Start by washing the chicken then pat dry salt and pepper the chicken.
 3. Heat the oil in an oven proof skillet or dutch oven sear the chicken on all sides for 5 minutes or until golden remove the chicken and set aside. In the same add the sausage. Cook 3-4 minutes or until brown . Remove cut the sausage in half and set aside.
 4. In the same pan add the onion, garlic and bell peppers. and potatoes cook for 3-5 minutes to soften slightly. Add the cherry peppers, the pickling juice, chicken stock and the white wine. Scrape up the brown bits from the bottom of the pan. Then cook 5 minutes to reduce the liquid.
 5. Add the chicken and the sausage back to the skillet.
 6. Set the skillet in the oven and bake for 20 – 30 minutes, until the chicken is cooked through.
 7. Top wit the Italian parsley. ENJOY!!!!!!
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Pan seared salmon orzo

Pan seared salmon orzo

If your looking for a weeknight dinner that's both both easy for weeknight family meals and fancy enough Saturday night

dinner with friends, my pan seared salmon with Tuscan orzo is the perfect meal choice. This dish combines crispy, flaky salmon with a creamy spinach and sundried tomatoes orzo inspired by the rustic flavors of Tuscany. Not only is it easy to make, but it's also a complete meal full of vibrant colors and good for you ingredients, that will impress family and friends.

Why you will love this pan-seared salmon orzo recipe

This recipe brings together two of the best ingredients a rich, comforting pasta dish and perfectly cooked salmon. The orzo , in a garlicky, creamy sauce gets extra flavor from the sundried tomatoes and spinach, and the salmon provides a delicious crispy contrast. It's the perfect balance of comfort food and the fresh ingredients makes it an ideal recipe for any time of the year.

Let me know how your pan-seared salmon with Tuscan orzo turns out! !!!

Ingredients

- 2 lb. cleaned skinless salmon
- 1 Tbsp. garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo

- 1 cup grated parmesan cheese
- 2 cups chopped spinach

Instructions

1. Start by cleaning the fish then pat dry cut into equal parts. salt and pepper to taste. Combine the garlic, onion and paprika massage the rub into the fish.
2. In a 12 inch saute pan in the 2 Tbsp. of oil over medium high heat sear the fish on both sides until beginning to brown about 5 minutes per side. Remove cover with alumni foil set aside while making the orzo.
3. In the same pan add the 2 Tbsp. of butter. Add the garlic and saute until soft and translucent. Then add the sundried tomatoes, cook until the tomatoes are soft and fragrant. Deglaze the pan with the wine , waiting until evaporated before adding the chicken stock, cream and water. Add in the orzo lower the heat to a simmer and cook until the orzo is fork tender but firm. About 7 minutes. Then add the grated parmesan and chopped spinach and cook 5 minutes longer. ENJOY!!!

oven fried lemon chicken cutlets

Oven fried lemon chicken

cutlets

These Oven -fried lemon chicken cutlets are crispy, delicious and easy to make. There's something irresistible about a crispy chicken cutlet, golden on the outside , juicy on the inside and packed with flavor. What makes it even better? When it's oven-fried with a zesty lemon, wine sauce. Oven- fried lemon chicken cutlets give you the crunch of traditional frying , without the extra grease. They're a lighter, healthier alternative without sacrificing any of that delicious flavor and texture. Perfect for weeknight family meals or social gatherings.

Things to know about this oven fried lemon chicken cutlet recipe

Oven- frying allows you to achieve the crispy texture we love without deep-frying. By baking the cutlets at a high temperature, you get a crunchy coating that's healthier and less messy than pan- frying. Plus it's easier to cook a large batch of cutlets in the oven, making this the perfect method to feed a crowd or meal prep.

I always make more than I need for one meal these chicken cutlets can be kept in the fridge for 3 days after baking or make them up to frying point and refrigerate for one day. I recommend refrigerating the cutlets before frying this helps the breadcrumb coating adhere to the chicken. These cutlets are freezer friendly, after breading and before frying or after frying. Spread the cutlets on a cookie sheet covered in the freezer. After frozen they can be stored in zip lock bags until ready to serve.

As always if you make these oven-fried lemon chicken cutlets please leave me a comment on your experience with this recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 3 skinless boneless chicken breast (2 lbs.)
- 2 eggs slightly beaten
- 2 cups breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. each onion, garlic and paprika powder
- 1/2 cup extra virgin olive oil
- 2 lemons sliced
- 1 cup white wine
- 1 cup chicken stock
- salt and pepper to taste

Instructions

1. Preheat your oven to 400-degrees
2. Start by slicing the chicken breast into as thin as possible slices. Then cover with plastic wrap and pound thin with a meat mallet, salt and pepper to taste.
3. Mix the breadcrumbs, parmesan, Italian parsley , onion, garlic, and paprika powder together until well combined. In a separate bowl beat the two eggs slightly.
4. Dip the chicken first in the egg then in the breadcrumb mixture. Use your hands to coat the chicken well.
5. Add the extra virgin olive oil to a 12 x 9 sheet pan place in the preheated oven until smoking hot. about 5 to 10 minutes . remove from the oven.
6. Place the chicken on the sheet pan return to the hot oven and bake until golden brown about 10 minutes. Turn over and cook the other side until golden.
7. Remove the chicken from the pan tent with alumni foil set aside while making the sauce. Add one thinly sliced lemon the white wine and chicken broth, return to the hot oven and cook the sauce for 10 minutes, or until emulsified.

8. Pour the sauce over the chicken serve with the remaining lemon slices. ENJOY!!!

Crispy fried Buffalo Chicken strips

Crispy fried Buffalo chicken Strips

These homemade pepperoncini juice marinated crispy fried Buffalo chicken strips are a take on the famous bone in Buffalo chicken wings that originated at the Anchor bar in Buffalo. The anchor bar is also where I met my husband . They are melt in your mouth tender and guaranteed to become a family favorite.

The first place we had was a hole in the wall submarine sandwich and chicken wing shop, that was literally held together with duct tape. But the food was good and the lines long. We sold chicken wings by the dozen all the way up to buckets of wings in a spicy, medium or mild buffalo sauce.

What I use to made these crispy fried Buffalo chicken strips

I use skinless boneless chicken breast and slice them into strips when I make these crispy fried Buffalo chicken strips. You can use chicken tenders. Then I let them marinate in pepperoncini juice. You can use pickle juice if that's what

you have on hand. Then I dip the chicken first in the egg then in the bread crumb mixture. There is no need to flour the chicken, this is an unnecessary step.

I use canola oil for frying, you can use vegetable or peanut oil or combinations of these oils . Fill your pan with about 2 to 3 inches of oil for deep frying. For the hot sauce I have always used Frank's Hot Sauce.

Enjoy your crispy golden fried Buffalo chicken strips!!! If you are craving more crispy things try my crispy pan fried chicken cutlets

Ingredients

- 2 skinless boneless chicken breast
- 1 cup pepperoncini juice
- 2 eggs
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 4 cups olive oil canola oil for frying
- 1 stick of butter
- 1 cup franks hot sauce
- 2 tsp. each garlic + onion + and paprika powder
- Chopped Italian parsley
- Ranch dressing for dipping

Instructions

1. Start by cleaning your chicken pat dry. Salt and pepper to taste. Cut into strips of equal size. Then marinate in the pepperoncini juice for at least one hour.
2. Add the bread crumbs, parmesan and Italian parsley to one bowl mix to combine and the eggs to another wisk to blend
3. Remove the chicken from the marinate and pat dry. Dip first in the egg then in the bread crumb mixture. repeat

the process with all the chicken pieces.

4. Bring the oil to medium high heat, Fry the chicken fingers until golden brown. About five minutes. being sure not to over crowd the pan, Repeat the frying for all the chicken. Drain on paper towels.
5. Meanwhile make the hot sauce. In a small saucepan melt the butter. Add the hot sauce, garlic, onion and paprika, simmer on low for 5 minutes
6. Toss the chicken in the hot sauce top with more hot sauce and Italian parsley. ENJOY!!!

Classic Italian chicken Cacciatore

Classic Italian chicken cacciatore

Classic Italian chicken cacciatore is an Italian chicken dish that translates to “hunter style” chicken. It’s made by simmering pieces of bone-in chicken in a rich tomato sauce with a variety of vegetables and Italian seasonings.

This chicken dish is hearty, rustic and full of warm comforting flavors. It can be served with crusty Italian bread or over Pasta, polenta or mashed potatoes. Making this one pan chicken dinner a perfect comforting family dinner.

Why I love this Classic Italian cacciatore recipe

1. Rich slow cooked flavors. Chicken cacciatore is simmered in a sauce made with tomato sauce, onions, bell peppers, garlic, herbs and mushrooms. the slow simmer allows all these flavors to combine deliciously.
2. The chicken becomes tender as it cooks in the sauce, absorbing all the flavors, making each piece juicy and full of flavor.
3. Rustic and comforting taste. It's a one -pan dutch oven chicken meal that brings together simple, wholesome ingredients you probably already have on hand.
4. It's a versatile recipe . Chicken cacciatore can be served over pasta, polenta, mashed potatoes or on it's own with crusty Italian bread.
5. And lastly this chicken cacciatore recipe can be made ahead of time and reheated when you are ready to serve. It's also freezer friendly make extra one for now and one to freeze for a quick family night dinner.
6. If you make this recipe please leave me a comment, on how this chicken recipe works out for you. I love hearing from you it's my favorite part!!!

Ingredients

- 1 small cut up chicken
- 4 Tbsp. olive oil
- 4 Tbsp. minced garlic
- 1 cup each chopped onion + celery + carrots
- 1 red and 1 green bell pepper diced
- 2 cups sliced mushrooms
- 1 cup red wine
- 2 cups beef or chicken stock
- 2 cups marinara sauce

Instructions

1. Start by cutting your chicken in half then cut into quarters . Wash the chicken and pat dry. Salt and pepper to taste.
2. Then over medium high heat in a dutch oven saute the garlic, onions, celery and carrots until soft and translucent. Then add in the bell peppers and mushrooms and saute until just beginning to brown.
3. Deglaze the pan with the wine waiting until it evaporates before adding the stock and marinara sauce.
4. Add the bay leaves and bring to a simmer. Return the chicken back to the pan and simmer covered until the chicken is fork tender and falling off the bone.
ENJOY!!!!
5. Second
6. And so on

Italian flavored chicken spiedini

Italian flavored chicken spiedini

Full of Italian flavors, this chicken spiedini recipe is such an easy and delicious chicken dish. Marinated chicken strips are skewered and grilled to a crispy goodness, Served with a simple yogurt sauce, this tasty dish is a good for you meal your family and friends will love.

It's such a great chicken dish for weeknight family meals and perfect for weekend BBQs with friends.

What's so good about this Italian flavored chicken spiedini

The first thing that's good about this chicken recipe is that it is delicious. It's a super easy recipe to make.

And this recipe can be made ahead of time and grilled when your ready to serve. I used my cast iron grill pan to grill the chicken spiedini indoors, but the are perfect for your outdoor grill. Also I use metal skewers. If you are using wood skewers be sure to soak them in water before using.

I made a simple dipping sauce with yogurt, minced garlic, onion and lemon juice. You can use any sauce that fits your taste, or don't use any. These chicken skewers are delicious on they're own!!!

One more thing I used chicken tenders. You can use regular boneless chicken breast or chicken thighs.

Ingredients

- 2 lbs. chicken tenders
- 1 cup olive oil
- 1/3 cup red wine vinegar
- 4 Tbls. minced garlic
- 1 Tbsp. each oregano, thyme, paprika and rosemary
- salt and pepper to taste

Instructions

1. Start by cleaning the chicken and removing the tough white membra
2. mix all of the rest of the ingredients in a bowl. Add

the chicken tenders to the marinade and let sit in the marinade for at least thirty minutes.

3. Heat the grill to medium high heat. meanwhile tread the marinated chicken onto metal skewers or prepared wooden skewers.
 4. Grill the chicken spiedini until golden brown about 5 minutes pre side.
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Italian pan chicken dinner

Italian pan chicken dinner

It's no secret that I'm a big fan of easy meals, especially the ones that come together in less than 30 minutes.

This Italian easy pan chicken dinner with zucchini combines chicken breast, zucchini, and tomatoes with classic Italian flavors.

The tomatoes, zucchini, and herbs combine to create a delicious pan sauce for the chicken breast the whole family will love, and you will feel good serving your family a delicious healthy meal.

Made with just a few simple easy to find ingredients, this recipe works well with chicken thighs too!

Why You will love this Italian pan chicken dinner

It's fast: it takes less about 20 minutes to cook and a few

minutes to chop everything up.

It's healthy and nutrient: packed with protein and good for you vegetables. Ingredients your whole family will love

Easy to make: Sauté the chicken saute the vegetables combine everything together and dinner is ready.

I'm using a 12 inch no-stick saute pan in this recipe.

Ingredients

- 3 skinless boneless chicken breast
- 1 cup flour
- Salt and pepper
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped shallots
- 2 cups cherry tomatoes
- 1 cup white wine or vegetable stock
- Juice from one lemon
- 2 cups sliced cherry tomatoes
- 2 medium diced zucchini
- 2 cups chopped spinach
- 1/2 cup kalamata olives
- 1 Tbsp. each oregano and Italian parsley
- 1/2 cup feta cheese

Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside

4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes or until the zucchini is fork tender.
5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
6. Plate the zucchini sauce top with the chicken breast, sprinkle with the feata cheese and Italian parsley and ENJOY!!!!