

Flat Chicken

Shelly Timberwolf

Well, after many thoughts on this and as a butch that does the cooking in our home, my favorite recipe I cook is called Flat Chicken. This was given to me by one of my Passamaquaddy Indian friends when I was stationed up in Iceland. It's simple, and my kids love it. So do my online friends who have come over for supper.

3 boneless chicken breasts

$\frac{1}{2}$ C. Italian bread crumbs

$\frac{1}{2}$ C. Parmesan cheese (if you like)

1 egg

1 T. olive oil OR butter

1. Flatten chicken with tenderizing hammer. 2. Combine bread crumbs and cheese. 3. Dip chicken in eggs and then in the bread crumb mixture. 4. Fry in oil of your choice on medium heat, till done. 5. Serve with mashed potatoes, gravy from drippings (add flour and milk), corn or green beans, and cranberry sauce.

It is easy, and leftovers can be made into sandwiches if you want.

The Femme Responds: Such an easy, quick, and rich-tasting recipe! The Parmesan cheese makes the whole recipe; no one will ever know how simple this is to make. When guests taste this chicken, they'll think you've been working in the kitchen for hours.

Butch Bio: After 15 years of being a medical assistant, Timberwolf has gone on the road trucking with her partner, traveling all over the United States. Her space link is <http://www.myspace.com/timberwolf1955>