

Chicken Parmesan

Small dice two medium onions

Rough chop 7-8 cloves fresh garlic

Chop one bunch parsley (reserve 2 tbsp)

Open cans tomato

4 tbsp Olive oil to the pan , medium heat.

Add diced onions and let them cook until fragrant. Add the chopped parsley and then let that cook until fragrant.

Add two cans of tomatoes. If you've used whole tomatoes you can put them in a blender first or you can just switch them around with a spoon to chop them up you can also put them in the blender before you throw them in the pan.

Let simmer for 20 minutes then add a handful of fresh basil . Let simmer.

Variations....

You can add sauté sliced peppers to make a pepper sauce or you can add 1 lb ground chuck or ground chicken or Italian sausage to make a meat sauce. Simply sauté first until cooked and add the other ingredients.

You can make spaghetti or lasagna or stew from these sauce bases.

Meanwhile...

Slice or pound chicken breast thin horizontally.

Bread crumbs to bowl and season with dried seasoning, tsp salt and 1/2 tsp cracked peppers

Season chicken with 1 tsp salt, 1/2 and cracked peppers . Dredge bread crumbs on both sides and sauté in pan until golden on both sides .

Place in a cooking dish .

Sauté 1/2 bag spinach in pan until wilted .

Place in top of chicken breast .

Add 4 slices cheese.

Add marinara sauce

Bake 350 for 20 - top with additional slices of cheese and bake an additional 5 or until cheese is melted. Enjoy!

Easy Salad Dressing

1/4 cup vinegar

3 fresh garlic cloves fine chopped

1 tsp salt

1/2 tsp pepper

1 tsp dried Italian herbs

Blend together

Add 3/4 cup olive oil and shake

You can keep this in the refrigerator!

Garlic bread

1/2 cup soft butter (I like to use unsalted)

2 cloves garlic fine chopped

Slice bread in half and butter

Cover with foil and bake for 10-5 minutes or desired crunchiness and serve.