

Crunchy Parmesan Chicken

with Roasted Broccoli & Mashed Sweet Potatoes

In this wholesome meal, we're enjoying the classic flavors of ranch dressing in two ways. For dipping, we're serving up our version of the creamy condiment, infused with dried onion, garlic, parsley and more—the seasonings that ranch dressing is known and loved for. Better yet, we're sealing more of those seasonings right into the coating for our succulent chicken, encrusted with panko breadcrumbs and sharp Parmesan cheese. With seasonal sides of crispy roasted broccoli and mashed sweet potatoes, this dish is an instant family favorite.



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Farm Eggs
- $\frac{3}{4}$ Cup Panko Breadcrumbs
- 1 Pound Sweet Potatoes
- 1 Pound Broccoli
- 1 Lemon

Knick Knacks

- 2 Tablespoons Butter
- $\frac{1}{2}$ Cup Grated Parmesan Cheese
- $\frac{1}{4}$ Cup Mayonnaise
- $\frac{1}{4}$ Cup All-Purpose Flour
- 1 Tablespoon Ranch Spice Blend
(Onion Powder, Garlic Powder, Smoked Sweet Paprika, Whole Dried Parsley & Whole Dried Celery Seeds)

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the broccoli into small florets. Quarter and deseed the lemon. Peel and medium dice the sweet potatoes. Crack the eggs into a medium bowl; beat until smooth.

2



Roast the broccoli:

Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Top with **the juice of 1 lemon wedge**; toss to coat and season with salt and pepper to taste. Set aside in a warm place.

3



Cook & mash the sweet potatoes:

While the broccoli roasts, add the **sweet potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**. Using a fork, mash the mixture to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

4



Coat the chicken:

While the sweet potatoes cook, in a medium bowl, combine the **flour** and **half the spice blend**; season with salt and pepper. In a separate medium bowl, combine the **breadcrumbs** and **cheese**; season with salt and pepper. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, thoroughly coat the seasoned chicken in the **flour-spice blend mixture** (tapping off any excess), then the **beaten eggs** (letting the excess drip off), then the **breadcrumb-cheese mixture** (pressing to adhere). Place the coated chicken on a plate.

5



Cook the chicken:

While the sweet potatoes continue to cook, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **coated chicken**. Cook 4 to 6 minutes per side, or until golden brown and cooked through. Remove from heat and transfer to a paper towel-lined plate; immediately season with salt and pepper.

6



Make the ranch dressing & serve your dish:

While the chicken cooks, in a small bowl, combine the **mayonnaise**, **remaining spice blend** and **the juice of the remaining lemon wedges**. Stir to thoroughly combine; season with salt and pepper to taste. Divide the **cooked chicken**, **roasted broccoli** and **mashed sweet potatoes** between 4 plates. Serve with the **ranch dressing** on the side. Enjoy!