



Italian Chicken (adapted from Easy Parmesean Chicken )

6 boneless chicken halves

2 eggs

1 Cup GF CF bread crumbs - GF bread add Italian spices or use crushed cereal in food processor

2 T olive oil

Jar Pasta Sauce

Diaya Mozzarella Cheese

Preheat oven to 375. Bread Chicken roll in egg and then bread crumbs - brown in hot oil - place on paper towel to remove extra oil. Put 1 cup sauce in 11 X 17 pan. put chicken in top with rest of sauce. Sprinkle diaya mozzarella cheese on top if you want. (This is a vegan soy free cheese but rather pricey)  
Bake for 25 min uncovered

<http://www.lincolntent.com/GFCF-Poultry.html>