



caramelized onion baked chicken;

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Healthy crispy baked chicken topped with balsamic caramelized onions.
2. Produces 2-3 Servings.
 3. Preparation 45 mins.
 4. Oven temperature set to 400.

Ingredients;

Onion mixture

- 2 yellow onions
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 1 tsp. dried oregano
- salt & pepper
- 1 Tbsp. roasted garlic

Crispy chicken

- 2 Tbsp. olive oil
- 2 chicken breasts
- 1 c. panko breadcrumbs
- $\frac{1}{3}$ c. grated parmesan cheese
- salt & pepper

Instructions;

Onion mixture

1. Heat a pan with olive oil over medium-high heat. Meanwhile, peel onions and slice thinly. Add to the pan and mix around. Allow to caramelize, stirring occasionally to keep from burning.

Crispy Chicken

2. Lightly coat a baking sheet with oil and add to the oven as it heats up. Slice chicken breasts in half lengthwise to make thin cutlets.
3. Mix together panko, parmesan cheese, salt and pepper.
4. Dredge the chicken directly in the panko mixture, and lay out on the baking sheet. Repeat with all cutlets, then drizzle olive oil over top and bake for 10 minutes, flipping and baking another 5 minutes.
5. Remove pan with onions from the heat and add the balsamic, oregano, salt & pepper, and roasted garlic, then top the chicken.