

REMEMBERING ALEX

Through Music

Living – Dierks Bentley

Humble and Kind – Tim McGraw

Human – Rag'n Bone Man

Someone You Loved – Lewis Capaldi

Before You Go – Lewis Capaldi

Don't Give Up On Me – Andy Grammar

Love the Way You Lie – Eminem ft. Rihanna

You Should Be Here – Cole Swindell

Can't Hold Us – Macklemore & Ryan Lewis

Wing\$ – Macklemore & Ryan Lewis

Whatever It Takes – Imagine Dragons

Believer – Imagine Dragons

Thunder – Imagine Dragons

It's My Life – Bon Jovi

Burn the House Down – AJR

Til I Collapse – Eminem

Lose Yourself – Eminem

Rap God – Eminem

Not Afraid – Eminem

Phenomenal – Eminem

Can't Stop Me Now – Oh the Larceny

Memories – Maroon 5

Through Food

Gourmet burgers

Seafood pasta

Sushi – especially BC rolls

Through Food Related TV Shows & Chef Idols

Diners, Drive Ins and Dives – Guy Fieri

You Gotta Eat Here! – John Catucci

Beat Bobby Flay – Bobby Flay

Restaurant Impossible – Robert Irvine

Hell's Kitchen – Gordon Ramsay

Chef Eddie Jackson

Through Sports Teams & Players

Phoenix Suns

Deandre Ayton

Lebron James

Anthony Davis

Trevor Linden

Through Comedy

Drew Lynch

Jeff Dunham

Gabriel Iglesias



The Best Chicken Parmesan



Recipe courtesy of Food Network Kitchen



Chicken Parmesan should have, well, Parmesan. So we not only topped ours with it, we added it to the crust for even more flavor and texture. For the coating, we prefer to start with plain breadcrumbs and enhance them with our favorite flavors. And our very simple, classic Italian-American tomato sauce has a bright and tomato-y flavor that cuts through the richness of the chicken and pasta. ...

Level: Easy

Total: 1 hr

Active: 40 min

Yield: 4 servings

Ingredients:

- 4 large boneless skinless chicken breasts (about 8 ounces each)
- Kosher salt and freshly ground black pepper
- 3/4 cup all-purpose flour
- 1 cup plain breadcrumbs
- 1/2 cup grated Parmesan, plus more for serving
- 1/2 cup milk
- 1 large egg
- 1/2 cup plus 1/3 cup olive oil
- 3 cloves garlic, finely grated
- 1 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- Two 28-ounce cans diced tomatoes
- 3 sprigs basil, plus torn leaves for serving
- 8 ounces whole milk mozzarella, shredded
- 12 ounces spaghetti

Directions:

- 1 Set a wire rack inside a rimmed baking sheet. Line another rimmed baking sheet with foil. Cut two 12-inch sheets of plastic wrap.
- 2 Cut the chicken breasts in half lengthwise, making 4 roughly equal pieces; they should look like large chicken tenders. Place one sheet of plastic on a clean cutting board. Put one chicken piece in the center of the plastic and top with the other sheet of plastic. Pound the chicken with the flat side of a meat mallet, starting in the center and working your way to the edges, until the chicken is 1/4-inch thick. Transfer to the wire rack. Repeat with the remaining chicken, one piece at a time. Liberally sprinkle with salt and pepper.
- 3 Put the flour in a pie plate and dredge the chicken 1 piece at a time, turning to coat and packing the flour into the crevices. Shake to remove any excess and return to the rack. Repeat with the remaining chicken.
- 4 Whisk the breadcrumbs, 1/4 cup of the Parmesan, 1/2 teaspoon salt and 1/4 teaspoon black pepper in a medium bowl until combined. Whisk the milk and egg in a medium bowl until combined. Dip the dredged chicken into the milk mixture, allowing any excess to drip off. Then pack the seasoned breadcrumbs firmly onto the chicken. Very gently
- 5 shake off any excess and return to the rack. Refrigerate uncovered at least 30 minutes and up to 12 hours.
- 6 Meanwhile, make the sauce. Heat 1/3 cup of the oil in a large pot over medium-high heat. Add the garlic, oregano and red pepper flakes and cook until very fragrant but not brown, about 1 minute. Add the tomatoes, basil and 1 teaspoon salt. Bring to a boil and then reduce to a simmer and cook, uncovered, until the tomatoes are very tender and the liquid has reduced by half, about 30 minutes. Smash the tomatoes with a potato masher until almost smooth; it's ok if it's a little chunky. Season with salt.
- 7 Heat the remaining 1/2 cup oil in a large skillet over medium-high heat. Add 2 cutlets and cook until the coating is golden brown, about 1 minute per side; the chicken will not be cooked through. Transfer to the foil-lined baking sheet in a single layer 3 inches apart. Repeat with the remaining cutlets.
- 8 Arrange an oven rack directly under the broiler and preheat to high. Arrange the chicken in a single layer on the prepared baking sheet, spaced 3 inches apart. Top each cutlet with 2/3 cup of the sauce and spread evenly to coat. Sprinkle each

