

***Parmesan & Garlic Encrusted Chicken with Heshwah***

*Serves 4*

2 large chicken breasts, skinless and boneless  
1/2 cup Newman's Own Parmesan & Roasted Garlic dressing  
1/2 cup Parmesan bread crumbs  
1/4 tsp. Garlic salt and Onion Powder, pepper to taste  
Olive oil

Tenderize chicken by using serrated tenderizer or pounding with a mallet or bottom of heavy glass or bowl and marinate in dressing in a plastic bag for at least 10 minutes. (But preferably the longer the better).

While chicken is marinating, add seasonings to breadcrumbs and combine. Pour onto large flat plate. Dip chicken in crumbs on both sides to encrust. Heat olive oil in frying pan til droplets of water sizzle. Place chicken in oil and cook each side at 2 minute increments so as not to burn; total 10-12 minutes. Remove to plate and cover with foil to keep warm.

***Heshwah (Lebanese rice and hamburger dish)***

1 tsp allspice  
1/2 tsp Garlic Salt  
1/2 tsp Onion powder  
Pepper to taste  
Olive oil for pan  
1 lb Hamburg or ground lamb  
1 cup white Rice, uncooked  
1/2 cup Vermicelli (like spaghetti)  
2 cups of water  
Approx. 1/4 C pine nuts

***To Prepare Rice,*** sauté vermicelli in olive oil until lightly brown. Add water and bring to boil Add white rice, cover and simmer 10-12 minutes until water is gone and rice is tender.

***To prepare meat:*** Cook ground beef or lamb in frying pan, drain grease and return to pan. Add Garlic salt, pepper, onion powder, allspice, then pine nuts.

Mix rice mixture and meat together. Plate rice and put chicken on top and serve with garden salad (suggested).