

Easy Chicken Parmesan

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

4 (6-ounce) organic, free range chicken breast	2 cups organic jarred marinara*
¾ cup dry gluten free breadcrumbs	2 tablespoons grapeseed oil
½ cup grated parmesan cheese, divided	Cooking spray
¾ teaspoon dried basil	8 ounces gluten free pasta or 1 recipe Simple Sautéed Zucchini Noodles
¾ teaspoon dried oregano	
½ teaspoon paprika	
½ teaspoon garlic powder/garlic granules	
½ teaspoon salt	
½ teaspoon pepper	
2 organic, pastured eggs, lightly beaten	

Directions:

1. Preheat your oven to 375 degrees.
1. Spray a large baking dish with cooking spray and pour marinara sauce onto the bottom of it.
2. Split chicken breasts in half horizontally to form 8 cutlets. Place each cutlet between 2 sheets of heavy-duty plastic wrap; then pound each cutlet to 1/4 - 1/2 inch thickness using a meat mallet.
3. Place beaten eggs in a shallow dish. Then place ¼ cup parmesan, breadcrumbs, basil, oregano, paprika, and garlic powder in a separate shallow dish and mix well to combine.
4. Dip chicken cutlets in eggs, let excess egg drip off, then immediately dredge into breadcrumb-spice mixture and coat both sides well.
5. Heat oil in large skillet over medium-high heat, tilt to coat and add cutlets when oil is shimmering hot. Then sprinkle them evenly with salt and pepper.
2. Pan-sear cutlets for 2 minutes on each side or until browned, then place in baking dish on top of sauce.
3. Sprinkle each cutlet evenly with remaining parmesan cheese and put the dish in the oven.
4. Bake for 15-20 minutes or until chicken is cooked through.
5. Serve chicken and sauce hot over Simple Sautéed Zucchini Noodles (see recipe) or pasta of choice.

Tips and Tricks:

*Make sure to choose organic sauce with all natural ingredients and no added sugar.

Nutritional Information Per Serving:

**Calculated without pasta.*

Calories: 459.4
Fat: 17.0 g
Cholesterol: 183.4 mg
Sodium: 1360 mg
Total Carbohydrate: 27.7 g
Dietary Fiber: 1.1 g
Sugars: 12.5 g
Protein: 51.2 g