

Chicken Parmesan



PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1.25 lb. Organic Chicken Breast – ***Fat Trimmed***
- 2 TBSP Olive Oil
- ½ Cup Gluten Free Panko Breadcrumbs (I used Aleia's brand)
- ½ Cup Gluten Free Italian Style Breadcrumbs (I used Gillian's brand)
- ¾ Teaspoon Sea Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Italian Seasoning
- Cracked Black Pepper to Taste
- 2 Eggs + Splash Water Whisked
- 1 Jar Organic Tomato Sauce of Choice (*I used Whole Foods Marinara*)
- 1 12 oz. Box Organic Jovial Brown Rice Spaghetti (Gluten Free)
- 1/3 Cup Vegan Parmesan Cheese (I used Good Planet Foods brand) Plus more for pasta

Instructions:

1. Preheat oven to 350 degrees.
2. Slice chicken breast in half – so you have 4 smaller breasts to work with.
3. Place saran wrap over a cutting board. Place chicken on saran and then place another layer of saran on top of the chicken. Pound chicken with meat tenderizer – both sides. Set aside.
4. In a medium/large sized iron frying pan, add the olive oil and warm on medium heat.
5. In a wide bowl, add the eggs, water, and pinch of sea salt. Whisk and then add Chicken to bowl allowing to soak. Turn over once so well coated.
6. In another wide bowl, add both panko and Italian breadcrumbs, salt, garlic powder, onion powder, Italian seasoning, and pepper. Stir until combined.
7. Place chicken in breadcrumb mixture and dredge all sides so completely covered. Transfer chicken to frying pan. Allow to cook on medium heat for 3-4 minutes – until golden. Turn over and do another 3-4 minutes until golden. Chicken will NOT be cooked through all the way. Transfer to paper towel lined plate.

8. Line a baking dish with about 1/3 cup tomato sauce. Then add chicken. Try not to allow chicken breasts to touch or be crowded in pan.
9. Top with about 1/3 cup of sauce and then sprinkle 1/3 cup vegan parmesan cheese. Bake in oven for 12-14 minutes - uncovered. Remove from oven allow to sit for 5 minutes before serving.
10. In the meantime, cook pasta according to directions on box. Should be around 9-11 minutes (around the same time it takes to finish cooking the chicken).
11. Portion out spaghetti and top with about 1/4 cup of sauce. Then top with chicken.
Optional: Sprinkle with Nutritional Yeast or Vegan Mozzarella/Parmesan Cheese

***Try and use all organic ingredients if possible.**

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