

Healthier Chicken Parmesan

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Adapted From: Eleat Sports Nutrition Blog

Ingredients:

4 4oz raw boneless, skinless chicken breasts
1 tsp dried basil
Salt and pepper, to taste
3/4 cup low-fat mozzarella, shredded

1 egg
1 tsp dried oregano
1 tbsp. avocado oil
2 tbsp. fresh basil, chopped

1/2 cup whole wheat breadcrumbs
1/4 cup parmesan, shredded
3/4 cup low-sodium marinara sauce
2 medium-sized zucchinis

Directions:

1. Preheat oven to 425 degrees F and coat baking sheet with nonstick cooking spray. In a small bowl, crack egg and whisk until scrambled. In another medium-sized bowl, mix together the breadcrumbs, basil, oregano, parmesan, salt and pepper until combined.
2. Cut chicken into even pieces and flatten each breast to about half their original thickness to ensure even cooking.
3. Heat a large-sized skillet to medium-high heat with oil. Take each chicken breast and dip into egg mixture to coat, then transfer to breadcrumb mixture and coat both sides of chicken evenly. Place the breaded chicken into the hot skillet and pan-fry on each side for 3-4 minutes, or until golden brown.
4. Next, transfer chicken onto the baking sheet and bake in the oven for another 5-10 minutes.
5. While the chicken is cooking, run the zucchini through a spiralizer to create zucchini noodles.
6. Top each chicken breast evenly with marinara sauce and mozzarella cheese and return to the oven and bake for another 2-3 minutes, or until cheese is melted.
7. To serve, place the chicken parmesan over zucchini and top with fresh chopped basil.



Chef Notes: If you prefer your noodles to be less crunchy, try “sweating” your zucchini noodles by placing the noodles, sprinkled with salt, on a baking sheet and letting them sweat in the oven at 200 °F for 5-10 minutes.