



Body

Mind

Recovery

**Nutrition**

## Baked Chicken Parmesan

Meal Prep/Freezer Friendly

Nut Free

Low Carb

High Protein

**Serves**  
6

**Prep Time**  
30 minutes

**Cook Time**  
15 minutes





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02:41

## Ingredients

- 2 lbs. (900g) chicken breast, boneless, skinless
- ½ cup (65g) panko breadcrumbs
- 1 cup (100g) parmesan cheese, grated
- 1 tbsp. garlic powder
- ½ tsp. salt
- 1 egg
- 3 tbsp. olive oil + 1 tsp. to grease dish
- 1 cup (260g) marinara sauce
- 1 cup (115g) mozzarella cheese, shredded
- fresh basil, for garnish

### Nutrition (Per Serving)

Calories	Fats	Protein	Carbs
365	14 g	46 g	10 g

## Instructions

1. Preheat the oven to 450°F (230°C) and grease an oven-proof dish with 1 teaspoon of olive oil.
2. Slice each chicken breast in half, lengthways, then place the chicken on a cutting board and cover with plastic wrap. Using a meat tenderizer, pound the chicken to a ½-inch thickness. Set aside.
3. In a large bowl, combine the breadcrumbs, parmesan cheese, garlic powder and salt. Whisk the egg into a medium bowl.
4. Dip each chicken breast first into the beaten egg, shaking off any excess, then into the breadcrumb mixture.
5. Heat ½ tablespoon of olive oil in a large skillet over a medium-low heat. Add the chicken to the skillet and cook for 3-4 minutes on each side, until golden brown. Wipe the skillet between each chicken breast to remove any brown bits and continue to saute the remaining pieces of chicken.



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7. Bake

8. Sprin

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