

Chicken Parmesan

Prep Time	Cook Time	Total Time
mins	30 mins	mins

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Recipe type: Lunch/Dinner
Servings: 4

Ingredients

1 tsp butter
½ cup onion, diced
½ cup green pepper, diced
2-3 cloves garlic, minced (or use garlic powder in the sauce)
2 tsp oregano, divided
1/2 tsp dried thyme
Salt & Pepper, to taste
Jar of organic spaghetti sauce
½ cup gluten free bread crumbs
1 TB Parmesan cheese, grated
1 TB Dijon mustard
3-4 boneless, skinless chicken breasts, pounded to 1" thickness using a meat tenderizer
Brown rice gluten free pasta, any shape you like
Shredded mozzarella cheese, (optional)
1/8 cup fresh basil, chopped (optional)



Instructions

1. Preheat oven to 400° F. Coat a large baking sheet with coconut oil.
2. In a shallow dish, combine panko, Parmesan, 1 tsp of oregano, thyme, salt & pepper. Mix with a fork to combine.
3. Using a baster brush or table knife, brush both sides of each pounded chicken breasts with Dijon mustard.
4. Transfer each breast to panko mixture and coat both sides generously. Arrange chicken on greased baking sheet.
5. Bake 20 minutes. Meanwhile, heat butter in saucepan over medium heat. Add onion, pepper, and garlic and sauté for about 3-4 minutes until soft. Add the other 1 tsp of oregano and stir together. Cook 30 seconds, until oregano is fragrant. Add spaghetti sauce and heat together.
6. Once chicken bakes for 20 minutes, open oven and using a big spoon, top each chicken breast with some of the spaghetti sauce and about 2 TB of mozzarella (optional). Bake 10 minutes more, or until chicken is cooked.
7. Arrange pasta with sauce and chicken on the side. Garnish with fresh basil (optional).