



STUFFED CHICKEN PARMESAN AND ROASTED VEGGIES

INGREDIENTS

Chicken Parmesan

- 2, 8 oz chicken breasts
- 1/2 cup mozzarella, shredded
- 1/2 cup marinara sauce
- 1 cup panko or seasoned bread crumbs
- 1 tbsp flour (optional)
- 3 eggs, scrambled
- 1/2 cup parmesan, grated
- 1/2 tsp salt
- 1 tsp Italian seasoning
- Pinch of pepper
- 1 tsp garlic powder
- 1 tbsp dried parsley

Roasted Vegetables

- 1 head broccoli, chopped
- 1 large red bell pepper, sliced
- 1/2 cup carrots, thinly chopped
- 1 yellow squash, thickly sliced
- 2 tbsp olive oil
- 1 tbsp Italian seasoning
- Salt and pepper to taste

COOK TIME: 35-40 MINUTES
SERVING SIZE: MAKES 4 MEALS

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. To make stuffed chicken: Butterfly cut and open each chicken breast (youtube it ;) and stuff with mozzarella and marinara sauce.
3. To make breaded chicken: In a shallow bowl scramble together eggs. In a separate shallow bowl combine panko crumbs, grated parmesan, garlic, parsley, salt, pepper, flour, and Italian seasoning. First place the stuffed chicken in the egg mixture and carefully flip until fully coated. Then repeat the same process in the panko crumb mixture. Be sure to press the crumb mixture into the chicken. Place in the middle of a greased baking sheet.
4. Add all the cut vegetables into a large bowl. Add olive oil and seasonings and mix until fully coated.
5. Heap the vegetables around the chicken. Bake for 20-25 minutes until the chicken reaches an internal temperature of 165 degrees and the veggies are soft to touch. Enjoy!

NUTRITION FACTS:

1/2 CHICKEN BREAST, 1 CUP VEGGIES

CALORIES: 350 CALS

CARBS: 25 G

PROTEIN: 25 G

FAT: 16 G

FIBER: 5 G

SUGAR: 5 G

SODIUM: 780 MG