



SHEET PAN HEALTHY CHICKEN PARM

Intermediate Lifestyle

INGREDIENTS

1 lb boneless skinless chicken cutlets	3 cups green beans
1 egg, whisked	2 TSP olive oil
1/4 cup panko breadcrumbs	1/2 cup marinara sauce
1/4 cup grated Parmesan cheese	4 oz fresh mozzarella cheese
1 TSP garlic powder	(or part skim shredded mozzarella)
1 TSP Italian seasoning	1/4 cup fresh basil, chopped
Salt and pepper	

INSTRUCTIONS

—Preheat the oven to 425°. Spray a baking sheet with cooking spray (cover with foil for easier clean up). Combine the panko breadcrumbs, Parmesan cheese, garlic powder, Italian seasoning, salt, and pepper.

—Press one side of the chicken into the egg and then into the panko and Parmesan mixture. Place it on the baking sheet with the breading up. To make it extra crispy, spray the chicken with cooking spray or drizzle with a little olive oil.

—Toss the green beans with olive oil and season with salt and pepper.

—Spread out on the baking sheet around the chicken breasts. Cook for 15 minutes until chicken is cooked through and tender.

—Remove the pan from the oven and top each piece of chicken with marinara sauce and mozzarella cheese. Return to oven for 1-2 minutes until cheese melts. Top with fresh basil and serve.

SERVING INFO: (Serves 4) - 1 cutlet + 3/4 cup green beans = 1 P, 2 V, 1 1/2 M, 1/2 FT

Recipe credit: [SlenderKitchen](#)