



“Kinda Healthy”  
Chicken Parmesan

Yield: 2 servings  
Prep Time: 15 minutes  
Cook Time: 35 - 40 minutes  
Total Time: 55 minutes

Ingredients

2 boneless skinless chicken breasts  
1 large white onion  
14.5 oz can diced tomatoes  
29 oz can plain tomato sauce  
1 tablespoon extra virgin olive oil  
1 tablespoon minced fresh garlic  
2 teaspoons italian seasoning  
¼ cup fresh basil lightly chopped  
½ box dry pasta - cooked  
2 cups parmesan and mozzarella mixed

Julianne the Peppers & Onions – Set aside.

In a large bowl mix diced tomatoes / sauce / garlic / evoo / basil  
(sauce is meant to be thin.)

Spread a small amount of tomato sauce just to cover the bottom.

Mix the peppers/onions in to sauce.

Place uncooked chicken in pan on sauce.

Cover w/sauce – cover with parchment paper and foil

Bake at 350 20-25 minutes, uncover add cheese  
cook 10 more minutes - uncovered.

Serve on top of hot pasta.

Garnish with fresh basil leaf.