

Recipe

chicken parmesan casserole

prep time: 20 | total time: 45
4 simple layers in an 8x8 pan
Made from fresh, healthy ingredients

ingredients

4 cups (1.5 pounds) cooked/shredded chicken	1-2 tablespoons of olive oil
1 jar (28 ounces) of red pasta/marinara sauce	2-3 variations of freshly chopped herbs (parsley, basil, oregano)
1/2 cup shredded parmesan cheese	salt & pepper, to taste
1 1/2 cups shredded mozzarella cheese	
1 cup panko or whole wheat bread crumbs	

instructions

1. Preheat oven to 350 degrees.
2. Use cooking spray on an 8x8 casserole dish.
3. Place the chicken in the dish & pour marinara over it - mix together.
4. Add both cheeses for the next layer - until all chicken is covered.
5. In a small bowl, mix the breadcrumbs, olive oil, fresh herbs and the salt/pepper together.
6. Create a top layer with the breadcrumbs.
7. Bake for 20-25 minutes so it's golden brown and bubbling on the sides.

notes

Freezer meal option: Put the casserole together in a glass dish, then freeze it prior to baking. Be sure to thaw overnight when preparing the meal to ensure even cooking. You can do this in a 9x13 dish, just double the recipe.