

# Sheet Pan Chicken Parmesan

## Ingredients:

- 1-1.5 lbs chicken breast- cubed
- 3 Zucchini diced
- 1 pound baby Yukon gold potatoes or yellow dutch potatoes diced
- 2 TBS olive oil
- 1/2 cup almond flour (or any flour you prefer)
- 1/2 cup bread crumbs (I like the Italian flavor)
- 1 cup finely shredded parmesan cheese
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1 TBS Italian Seasoning
- 1 1/2 cups marinara of choice
- 1/2 cup fresh basil- chopped

## Directions

1. Preheat oven to 400 degrees
2. Cut your chicken into cubes, and dice the zucchini and potatoes
3. Add zucchini, potatoes, and chicken breast into large mixing bowl, add olive oil and mix well
4. In a small mixing bowl, combine flour, bread crumbs, parmesan, salt, pepper, garlic powder powder, paprika and Italian seasoning
5. Pour parmesan mixture over zucchini mixture and mix well until everything is coated
6. Line a baking sheet with parchment paper (makes clean up so easy!) and pour mixture in a single layer
7. Bake on top rack at 400 degrees for 30 minutes or until golden brown and chicken reaches internal temp of 165 degrees
8. Drizzle marinara, and top with fresh basil and ENJOY!

MADE WITH LOVE

by Teresa Forchard