

Sheet-Pan Chicken Parmesan Bites

INGREDIENTS

- 1½ lbs boneless, skinless chicken breasts or tenderloins, cut into 1½-inch pieces
- 1½-2 tbsp mayonnaise (regular mayo)
- ½ cup all-purpose flour
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- 1 cup panko breadcrumbs
- ½ cup finely grated Parmesan cheese
- ¾-1 cup marinara sauce (smooth, kid-friendly)
- 1-1½ cups shredded mozzarella cheese
- *Optional: fresh basil or extra Parmesan*

For Serving

- Penne or spaghetti noodles
- Roasted zucchini (optional but recommended)

DIRECTIONS

1. Preheat oven to 425°F. Line two sheet pans with parchment paper.
2. Place chicken pieces in a large bowl and toss with mayonnaise until very lightly coated.
3. Add seasoned flour and toss until just coated.
4. Press chicken into panko and Parmesan mixture until evenly coated.
5. Arrange chicken in a single layer on one sheet pan.
6. Lightly spray or drizzle tops with olive oil.
7. Bake for 12 minutes, flip, then bake 6-8 minutes more until golden and cooked through.
8. Spoon a small amount of marinara over each chicken bite.
9. Sprinkle with mozzarella.
10. Return to oven for 5-7 minutes, until cheese is melted and bubbly.
11. Optional: broil for 1-2 minutes for extra color.
12. Rest chicken for 2-3 minutes before serving.
13. Serve with pasta and roasted zucchini.