

# Sheet Pan Chicken Parmesan

## Ingredients

4 large	boneless skinless chicken breasts
1	egg
¼ cup	panko breadcrumbs
¼ cup	original or Italian breadcrumbs
½ cup	parmesan cheese, grated
1 teaspoon	kosher salt
1 teaspoon	garlic powder
1 teaspoon	cracked black pepper
1 cup	cut broccoli (about 1 head)
1 cup	cut cauliflower (about 1 head)
1 cup	marinara sauce
¼ cup	fresh basil, finely chopped
4 slices	provolone cheese or mozzarella cheese (enough for each breast)
1 tablespoon	olive oil, for drizzling

*Recipe adapted by Mariah Fredritz, CHES, ACE from Kelsey Nixon*

## Directions

1. Preheat oven to 400 degrees Fahrenheit and spray a baking sheet with nonstick spray.
2. In a shallow bowl, whisk egg until blended. In a separate bowl, combine the dry ingredients.
3. Dip each chicken breast in the egg, coating both sides. Then dip into the breadcrumb mixture—coating fully on each side. Transfer the chicken to baking sheet and drizzle with olive oil.
4. Bake for 10 minutes. Then add vegetables to the sides of the pan. Drizzle with olive oil, season with salt and pepper.
5. Continue baking for another 10 minutes.
6. Remove from oven and top the chicken with marinara sauce and cheese slices. Return to the oven for another 2 minutes then turn the oven to broil to allow for the cheese to get slightly crispy (about 2 more minutes).
7. Remove from the oven, top with fresh basil, and serve with pasta tossed with marianara sauce.

