



Tried and Tested: Quick Chicken Parmesan

This recipe is great for a quick weeknight meal and pairs well with a variety of sides. If you do not have Parmesan cheese on hand, cheddar or mozzarella also work well.

Recipe tested by: Antonia Harvey, PDt

Recipe makes: 4 servings

Ingredients:

1 tablespoon of canola oil

4 small boneless, skinless chicken breasts with visible fat removed

1 teaspoon of lemon juice

Pepper to taste

1 to 1 ½ cups of low-sodium tomato sauce

½ cup shredded Parmesan cheese

Instructions:

1. Preheat the oven to 400°F (205°C). Line an 8 x 8-inch (20 cm x 20 cm) baking dish with aluminum foil.
2. Put the canola oil in the baking dish and tilt it to evenly distribute the oil in the dish. Add the chicken breasts to the dish. Season the chicken with the lemon juice and pepper to taste.
3. Cover the dish with aluminum foil and bake for 20-25 minutes or until the chicken reaches an internal temperature of 165°F (74°C).
4. While the chicken is cooking, put the tomato sauce in a small saucepan and heat on low heat until warmed through. Keep the sauce warm until the chicken is ready.
5. When the chicken is done, remove from the oven. Top with the warm tomato sauce and then the cheese.
6. Serve with your choice of grain/starch and vegetables.