

## Low Carb Chicken Parmesan



Serves: 4

### **Ingredients:**

- 4 boneless/skinless chicken thighs (you can use chicken breasts) washed and dried with paper towels
- ½ cup of grated Parmesan cheese
- ¼ teaspoon Italian seasoning
- 1 cup of your favorite marinara sauce
- 1 egg
- 1 teaspoon milk or cream
- 1 cup mozzarella cheese (you could also use provolone cheese)
- Fresh ground black pepper to taste
- Nonstick cooking spray

## Good-Looking Grub

### **Directions:**

1. Preheat oven to 375 degrees F.
2. In a mixing bowl, combine the egg and milk and whisk together.
3. Mix the Parmesan cheese and Italian seasoning together and spread the mixture out on a piece of wax paper.
4. Dip the chicken pieces into the egg mixture.
5. Toss the chicken in the cheese mixture to coat.
6. Place on a baking sheet lined with parchment paper (or use nonstick cooking spray).
7. Bake for about 25 minutes. The chicken should be a golden brown.
8. Place the chicken in an 8" x 12" baking dish sprayed with nonstick cooking spray.
9. Cover with marinara sauce and top with mozzarella cheese.
10. Bake for about 15 minutes (Cheese should be melted, and sauce should begin to bubble).
11. Serve over spiralized vegetables.