

Seared Chicken Parm

Ingredients

4 each Chicken breast, 4oz each
1/2 tsp. Olive oil
2 oz Marinara sauce
2 Tbsp. Parmesan cheese, shredded
2 Tbsp. Mozzarella cheese, shredded
Spice Rub:
2 tsp. Onion powder
2 tsp. Garlic powder
1/4 tsp. Salt
1/2 tsp. Black pepper, ground
1 Tbsp. Italian seasoning

Method

- Preheat Grill.
- Preheat oven at 400°F.
- in a bowl combine chicken breast, onion powder, garlic powder, salt, pepper, and Italian seasonings. Evenly coat chicken breast with seasonings.
- Preheat sauté pan to medium-high.
- Add olive oil to pan.
- Place chicken in sauté pan. Cook chicken for about 4 minutes per side
- Remove chicken from pan and place on a sheet tray.
- Spoon 1 Tbsp. of marinara and 1/2 Tbsp of parmesan, 1/2 Tbsp of mozzarella cheese on each chicken breast.
- Bake chicken in the oven for 4-5 minutes or until the internal temperature has reached 160°F. Allow to rest for about 5 minutes and carry over cook to 165°F.

Nutrition Information

Serves:4
Serving Size: 1 composed chicken breast (~4oz)
Calories: 180
Fat: 5 grams
Sodium: 410 mg
Carbohydrates: 3g
Protein: 28g
Fiber: 1g

**Chef's Note:* Serve with whole wheat spaghetti, spiral zucchini, and marinara sauce