

# EASY SKILLET CHICKEN PARM

Prep Time: 5 minutes  
Cooking Time: 25 minutes  
Makes 6 servings

## Ingredients

15 mL (1 T.) olive oil

30 mL (2 T.) Italian seasoning (or any combination of basil, oregano, thyme and parsley)

3 large skinless, boneless chicken breasts (about 700 g /1.5 lb.)

½ jar pasta sauce (about 375 mL/1 ½ cups)

60 mL (¼ cup) Parmesan cheese, grated

100 g (½ cup) mozzarella cheese, shredded

To know that your chicken is cooked thoroughly, use a meat thermometer to check the internal temperature. Chicken is safely cooked when it reaches 165°F or 74°C.

## Directions

Heat oil in a large skillet over medium-high heat. Sprinkle seasoning evenly over both sides of the chicken and add the pieces to the skillet. Cook, uncovered, for 10 minutes, turning occasionally to brown both sides.

Stir in the pasta sauce and Parmesan cheese. Reduce heat to medium and cover. Cook for another 10 minutes, stirring occasionally, or until chicken is cooked through

Sprinkle the mozzarella cheese over the chicken pieces, cover and let cook 3 more minutes until cheese is melted.

Season with salt and pepper as desired.

Serve with cooked pasta and green vegetables.

If there are leftovers, cool, then portion into small containers and freeze for a quick, healthy lunch or dinner another day.



Photo credit: [www.campbellskitchen.com](http://www.campbellskitchen.com)

**A healthier version of  
Chicken Parmesan (no  
breading) with just one pot to  
clean!**

Source: adapted from

<http://www.campbellskitchen.com/Recipes>

- ✓ Quick & Easy
- ✓ Freezable
- ✓ Gluten-free



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