

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Parmesan Chicken Tenders

From www.thebettermom.com

1 lb prebaked Parmesan Chicken Tenders (*see recipe below*)

3 cups of your favorite Marinara sauce

1 cup shredded Mozzarella cheese

1/4 cup fresh grated Parmesan cheese

Preheat oven to 425 degrees. Spread 2 cups of marinara sauce on bottom of a 9x13-inch baking dish. Add prebaked Parmesan chicken tenders in a single layer across the top of the sauce. Spoon on an additional cup of marinara sauce across top of chicken and sprinkle with Parmesan and mozzarella cheese. Bake 15-20 minutes until mozzarella is melted and sauce is bubbly. Serve with a side of your favorite pasta and veggie. Serves 4-5.

Parmesan Chicken Tenders

2 lbs boneless, skinless organic chicken breasts

3 large eggs

1 1/4 cup whole wheat bread crumbs

1 cup fresh grated Parmesan cheese

1 tsp sea salt

1/2 tsp dried Italian seasoning

1/4 tsp fresh ground black pepper

Preheat oven to 400 degrees. Lightly oil two baking sheets with olive oil and set aside. In a wide shallow bowl or dish, whisk together eggs until slightly foamy. Cut chicken breasts into strips. On a large plate, combine Parmesan cheese, seasonings and bread crumbs. Dip chicken into egg wash, one piece at a time, and dredge through the bread crumb mixture, making sure to thoroughly coat each side.

Place chicken on oiled baking sheets, sprinkle with a pinch of salt and bake approximately 15-18 minutes, until bread crumbs are lightly browned and chicken is cooked through. Use half of the baked chicken tenders to make Chicken Parmesan (*see recipe above*). Freeze the remaining half for a future meal. To freeze, simply loosen cooked chicken from bottom of the baking sheet, but leave chicken on the baking sheet and set aside to cool completely. Then, place baking sheet in freezer for a couple of hours to freeze the chicken. Once frozen, place the chicken tenders into a freezer safe container, or gallon-size ziplock baggie, and freeze.