

Baked chicken parm with grilled vegetables

SERVES: 1 TIME: 30 MIN

A light and healthy spin on a classic that's just as satisfying, this baked chicken parm always hits the spot. It's an approachable and satisfying weeknight dinner for one that can be multiplied to feed a crowd.

Ingredients

2 oz spaghetti

FOR THE CHICKEN PARM

3 oz chicken breast, cut in half,

lengthwise (or 1 chicken cutlet)

**¼ cup whole wheat panko bread
crumbs**

1 Tbsp parmesan, grated

2 tsp Italian herbs

1 Tbsp mozzarella cheese

½ cup tomato sauce

1 clove garlic, minced

1 tsp extra virgin olive oil

Kosher salt

FOR THE GRILLED VEGETABLES

½ cup eggplant, thinly sliced

½ cup zucchini, thinly sliced

½ tsp extra virgin olive oil

NOTES:

Pasta of choice can be used in place of spaghetti.

Instructions

1. Make the chicken parm: Preheat the oven to 450° F. Line a baking sheet with parchment paper or a silpat or spray lightly with olive oil or avocado spray.

Combine breadcrumbs, parmesan cheese, and 1 tsp Italian herbs on a plate. Lightly brush the chicken with ½ tsp of olive oil, then dip the chicken into the breadcrumb mixture, flipping it over and lightly pressing it into the mixture to ensure it's evenly coated. Place on a baking sheet and bake for 20 minutes.

In the meantime, make the sauce by sautéing garlic in ½ tsp of olive oil over medium heat. Add Italian herbs and saute for 1 minute; add a pinch of salt. Add tomato sauce and bring to a low boil; reduce heat to low and simmer, stirring frequently.

Remove chicken from the oven, top with ¼ cup sauce and 1 Tbsp mozzarella. Return to the oven and bake for 5 minutes, or until the cheese is melted.

2. Grill the vegetables: Heat your grill or grill pan over medium-high heat. Once hot, place eggplant and zucchini in a single layer (don't overcrowd the pan — you'll likely need to cook in batches). Flip vegetables with tongs to evenly grill on both sides. Finish with a drizzle of olive oil.

3. In the meantime, cook pasta according to package directions. Serve with remaining sauce, chicken parm, and grilled vegetables.

KELLY POWERS