



Chicken Parmesan with Zucchini Noodles

INGREDIENTS (Yield: 4 servings)

- 2 medium zucchini
- 3 tablespoons olive oil, divided
- 1 ½ cups yellow onion, chopped, divided
- 8 garlic cloves, chopped, divided
- 2 X 15-ounce cans crushed tomatoes; no salt added
- 4 tablespoons fresh basil, chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon fennel seed
- 1 teaspoon black pepper
- 1 teaspoon oregano
- 1 tablespoon sugar
- ¼ cup grated parmesan cheese
- 1 egg
- 1 tablespoon Italian seasoning
- ½ cup plain breadcrumbs
- 1 pound thin-cut chicken breast
- ¼ cup low-fat mozzarella cheese, shredded
- Optional: Basil leaves

NUTRITION INFORMATION: 184 Calories; 5 grams Fat; 1-gram Saturated Fat; 16 mg Cholesterol; 115 mg Sodium; 32 grams Carbohydrates; 2 grams Fiber; 3 grams Protein

DIRECTIONS

1. Wash and trim ends of zucchini. Create zucchini noodles using a spiralizer or vegetable peeler; set aside.
2. Heat 1 tablespoon olive oil in medium-size saucepan. Add 1 cup chopped onion and sauté for 2 – 3 minutes, until golden brown. Add 6 cloves of chopped garlic and sauté until fragrant. Next, add the crushed tomatoes, fresh basil, parsley, fennel seed, black pepper, oregano and sugar. Simmer for 15 minutes, then add the parmesan cheese.
3. While sauce is simmering, break egg into medium sized bowl, beat lightly and set aside. In another medium-sized bowl, combine breadcrumbs and Italian seasoning. Heat 1 tablespoon olive oil in a skillet on medium heat. Dip each chicken breast in the egg wash, then the breadcrumbs, then place in skillet. Cook chicken thoroughly, flipping ever 3 minutes to ensure even browning. Sprinkle mozzarella cheese on top.
4. Heat 1 tablespoon olive oil in another skillet. Sauté 2 cloves of chopped garlic and ½ cup onion for 2 minutes. Add spiralized zucchini and cook for another 2 to 3 minutes. Divide zucchini noodle onto 4 plates and top each with ¼ of the tomato sauce. Place chicken breast on top and sprinkle with fresh basil leaves, if desired.