



# CHICKEN PARMESAN WITH ZUCCHINI NOODLES

## ingredients:

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| 2 medium zucchini                                 | 1 teaspoon oregano                                   |
| 3 Tablespoons olive oil, divided                  | 1 Tablespoon sugar                                   |
| 1 1/2 cups yellow onion, chopped, divided         | 1/4 cup grated parmesan cheese                       |
| 8 garlic cloves, chopped, divided                 | 1 egg  |
| 2 x 15-ounce cans crushed tomatoes, no salt added | 1 Tablespoon Italian seasoning                       |
| 4 Tablespoons fresh basil, chopped                | 1/2 cup plain bread crumbs                           |
| 1 Tablespoon fresh parsley, chopped               | 1 pound Kroger Simple Choice thin cut chicken breast |
| 1 teaspoon fennel seed                            | 1/4 cup low-fat mozzarella cheese, shredded          |
| 1 teaspoon black pepper                           | Optional: Basil leaves                               |

## 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 sauce pan. Add 1 cup chopped onion and sauté for 2-3 minutes, until golden brown. Add 6 cloves of chopped garlic and sauté until fragrant.
3. Next, add the crushed tomatoes, fresh basil, parsley, fennel seed, black pepper, oregano and sugar. Simmer for 15 minutes, then add the parmesan cheese.
4. While sauce is simmering, break egg into medium sized bowl, beat lightly and set aside.
5. In another medium sized bowl combine bread crumbs and Italian seasoning.
6. Heat 1 Tablespoon olive oil in a skillet on medium heat. Dip each chicken breast in the egg wash, then the bread crumbs, then place in skillet. Cook chicken thoroughly, flipping every 3 minutes to ensure even browning. Sprinkle mozzarella cheese on top.
7. Heat 1 Tablespoon olive oil in another skillet. Sauté 2 cloves of chopped garlic and 1/2 cup onion for 2 minutes.
8. Add spiralized zucchini and cook for another 2 to 3 minutes. Divide zucchini noodles onto 4 plates and top each with 1/4 of the tomato sauce. Place chicken breast on top and sprinkle with fresh basil leaves, if desired.

Yield: 4 servings

## Nutrition Information Per Serving:

410 Calories  
19 grams Fat  
5 grams Saturated Fat  
130 mg Cholesterol  
420 mg Sodium  
21 grams Carbohydrates  
3 grams Fiber  
38 grams Protein

Food exchanges:  
3 vegetable, 1/2 starch,  
4 1/2 protein



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