



Low Carb Chicken Parmesan

Active Time: 20 minutes | **Total Time:** 1 hour | **Serves:** 2

Nutrition Information Per Serving

484.3 calories, 5.68 g carbohydrate, 1.29 g fiber, 4.39 g NET carbs, 49.59 g protein, 27.84 g fat

Ingredients

- 1 ounce Epic Sea Salt and Pepper Pork Rinds
- 1/2 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 1 -8oz. breast pastured chicken
- 1 large pastured egg
- 2 ounce(s) whole mozzarella, shredded
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) garlic powder
- 1 tsp dried oregano
- 1/4 cup(s) parmesan cheese
- 1 Tbsp avocado oil

Preparation

1. Preheat oven to 350 F. Oil a baking sheet well.
2. In a Magic Bullet or food processor, pulse pork rinds to a coarse meal. Place in a shallow dish and stir in the oregano and salt to incorporate.
3. Cover chicken with plastic wrap and pound to 1/2 inch thick.
4. Whisk the egg in a shallow bowl. Set beside the pork rind crumbs.
5. Dip the chicken breast in the egg, then in the pork crumbs. Place the coated breast on the baking sheet.
6. Transfer to the oven and bake 25-30 minutes or until it reaches an internal temperature of 165 F.
7. Remove from oven, top each with some marinara and shredded cheese. Return to oven to melt, about 10 minutes.
8. Serve with zoodles or spaghetti squash.

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