

EASY HEALTHY CHICKEN PARMESAN WITH STEAMED BROCCOLI

By: Jen Gerasimas

Serves: 4

Total time: 60 minutes

Ingredients

- 4 chicken breasts, seasoned with salt and pepper
- 2 cloves of garlic, chopped or crushed
- 1 jar of your favorite spaghetti sauce
- 4 slices of fresh mozzarella cheese or 1 cup of shredded mozzarella cheese
- Grated Parmesan cheese
- 1 tbsp packed fresh, chopped basil leaves or 1 tsp dried basil
- 2 large Broccoli crowns



Directions

1. Preheat oven to 450 degrees.
2. Heat a large oven-proof skillet over medium-high heat.
3. Add garlic and sauté for 1 minute. Be careful not to burn.
4. Add seasoned chicken breast and cook on each side for 4 minutes, browning the sides.
5. Pour sauce over the chicken. Layer fresh mozzarella on top or cover with shredded mozzarella cheese. Sprinkle with grated parmesan cheese and chopped fresh or dried basil.
6. Place skillet in the oven and bake for 30 minutes or until chicken is cooked all the way through. May need to cook up to 15 minutes longer for thick breasts.
7. While the chicken is in the oven, cut broccoli in florets and place in a stovetop steamer basket or use another preferred steaming method. Cook until desired tenderness. Season with salt and pepper.

Notes: Other good green vegetable options: steamed green beans, sauteed zucchini, roasted asparagus, or a mixed green salad.