

Gluten Free Chicken Parmesan – Serves 4-6



Ingredients

- 4-6 Chicken breasts
- 2 Eggs
- 1-1.5 cup Almond flour
- 2 tsp. Dried basil
- 1 tsp. Garlic powder
- 2 tbsp. Ground flaxseed (optional)
- To taste Salt and pepper
- To taste Tomato sauce
- To taste Mozzarella cheese

Directions

1. Preheat oven to 400F
2. Combine the flour, basil, garlic powder, flaxseed and salt and pepper in a bowl
3. Crack and mix the eggs in another bowl
4. Dip the chicken in the egg mixture and then coat the chicken in the flour mixture
5. Place on an oil sprayed pan
6. Bake for ~15 min (just before it is fully cooked)
7. Cover the top of each chicken breast with tomato sauce and mozzarella cheese
8. Bake for another 3-5 min
9. Enjoy! 😊