



Make-Ahead Freezer Chicken Parmesan

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Prep
15 m

Cook
40 m

Ready In
1 h 15 m

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"My family loves chicken Parm but making it from scratch on a busy school night is next to impossible. The good news is the chicken can be made ahead and frozen along with the right portion of sauce and cheese for a quick weeknight meal. Serve with pasta and Caesar salad."

Ingredients

1 pound skinless, boneless chicken breast halves	3/4 teaspoon Italian seasoning
1 large egg, beaten	1/2 teaspoon garlic powder
1/3 cup bread crumbs	1 (8 ounce) can tomato sauce
2 tablespoons grated Parmesan cheese	3/4 cup shredded mozzarella cheese

Directions

- 1 Preheat the oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- 2 Pound chicken breasts to 1/2-inch thickness or less.
- 3 Place beaten egg in a bowl. Combine bread crumbs, Parmesan cheese, Italian seasoning, and garlic powder in another bowl. Dip each chicken breast in egg, then roll in bread crumb mixture to coat evenly. Place on the prepared baking sheet.
- 4 Bake in the preheated oven for 10 minutes. Turn and continue to cook until chicken is no longer pink in the center and juices run clear, about 10 minutes more. Let cool, 20 to 30 minutes.
- 5 Freeze in a 1-gallon resealable bag with smaller bags of tomato sauce and mozzarella cheese.
- 6 To serve: Thaw in the refrigerator overnight. Reheat chicken at 375 degrees F (190 degrees C) until heated through and crispy, 15 to 20 minutes. Top chicken with tomato sauce, sprinkle with mozzarella cheese, and bake until cheese is melted, an additional 3 minutes.

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