



# Chicken Parmesan

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

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## INGREDIENTS

- 1 spaghetti squash
- 4-6 chicken breasts, thawed
- 1 ½ cups almond flour
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp salt
- Parmesan cheese
- Butter for frying
- Spaghetti sauce (I recommend Rao's)

## DIRECTIONS

1. Bake spaghetti squash- Preheat the oven to 400°F. Cut the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle with olive oil and sprinkle with salt and pepper.
2. Place the squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. Use a fork to scrape out the strands. Add melted butter, salt, and garlic powder to taste.
3. Bread chicken breasts with a mixture of the almond flour, Italian seasoning, garlic powder, and salt. Fry in melted butter until done.
4. Warm spaghetti sauce.
5. Top spaghetti squash with breaded chicken, spaghetti sauce, and parmesan cheese. Enjoy!