

KETO CHICKEN PARMESAN

Crispy, restaurant-style chicken parmesan, topped with marinara and two kinds of cheese



INSTRUCTIONS

1. Pound and coat the chicken

- 6 small chicken breasts (1 1/2 lbs)
- 1/2 tsp salt
- 2 cups almond flour

Pound the chicken breasts until 1/4 inch thick. Sprinkle each piece with salt and lightly coat both sides with almond flour.

2. Bread the chicken

- 3 large eggs
- 1/2 cup parmesan cheese

Whisk the eggs in a small bowl. In a separate bowl, combine the parmesan cheese, garlic powder, onion powder, and the remaining almond flour left over from coating the chicken. Dip each chicken piece in the egg, letting the excess drip off, then coat in the parmesan-almond flour mixture. Repeat until all the chicken is coated.

3. Fry the chicken

- 2 Tbsp beef tallow

Heat the beef tallow in a non-stick pan over medium heat. Once hot, add the chicken and fry 2 to 3 minutes, until golden on one side. Flip and cook 3 minutes more. Transfer to a paper towel-lined plate to drain any excess fat.

4. Top and bake

- 2 cups marinara sauce (see recipe below)
- 1 1/2 cups mozzarella cheese, freshly sliced
- 1/3 cup parmesan cheese

Preheat the oven to 400°F and line a large baking sheet with parchment paper. Place the chicken on the sheet, top each piece with enough marinara sauce to cover, then 2 to 3 slices of mozzarella and a sprinkle of parmesan. Bake 10 to 15 minutes, until the cheese is melted and lightly golden.

5. Serve

Remove from the oven and serve immediately.

Alternate cooking methods

Oven bake: Place the breaded chicken on a baking tray and bake at 350°F for 20 minutes, flipping halfway through.

Air fryer: Place the breaded chicken in the air fryer basket and cook at 400°F for 10 minutes, flipping halfway through.

NUTRITION (per serving, makes 6)

Does not include marinara sauce

- Calories: 349
- Total Fat: 12g
- Total Carbs: 4g
- Fiber: 2g
- Net Carbs: 2g
- Protein: 45g

STORAGE

Leftovers keep in the fridge, covered, for up to 5 days. Freeze individual portions in a shallow container for up to 6 months. Reheat in the oven or air fryer — microwaving can leave the coating a bit soggy.

MARINARA SAUCE

A rich, deeply flavorful Italian-style red sauce, completely sugar-free

INSTRUCTIONS

1. Sauté the vegetables

- 2 Tbsp olive oil
- 1 small onion, finely chopped
- 2 stalks celery, finely chopped
- 2 cloves garlic, minced

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery, and garlic, and cook until tender.

2. Simmer the sauce

- 54 oz canned crushed tomatoes
- 1/4 cup basil, roughly chopped
- 1 tsp monk fruit/allulose blend
- 1 tsp lemon juice
- 1/2 tsp salt, to taste
- 1/2 tsp pepper

Add the remaining ingredients to the pot and bring to a boil. Once boiling, reduce the heat to low, cover, and simmer for 40 minutes.

3. Serve

Remove from heat and serve immediately, or let cool completely before storing.

NUTRITION (per 2/3 cup serving, makes about 8 cups)

- Calories: 72
- Total Fat: 2g
- Total Carbs: 5g
- Fiber: 3g
- Net Carbs: 2g
- Protein: 1g

STORAGE

Store in an airtight container in the fridge for up to 2 weeks. Freezes well in a shallow container for up to 6 months. Reheat in a pan over medium heat or in the microwave until warm.



Recipe created by Mind-Body Functional Health.
Visit our website at www.mindbodyfunctionalhealth.com or scan the QR code