

# **Chicken "Parmesan" w/ Palmini Marinara** **(Whole30, Paleo)**

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Growing up Italian, Chicken Parmesan is a dish I'm very familiar with! Crispy pan fried chicken, topped with a layer of robust marinara sauce and bubbly mozzarella cheese, sitting on top of a sky high pile of al dente pasta...what's not to love?!? Unfortunately, the version I was used to eating as a child was loaded with things like Gluten, Soy, Dairy, and even Added Sugars so I made a few changes to fully revamp one of my favorite childhood foods!

My Chicken "Parmesan" recipe is the perfect intro food to anyone looking to eat a cleaner lifestyle since it tastes identical to the traditional dish, but without any of the guilt! I replaced your standard pasta with a side of Palmini Linguine which is made entirely from vegetables and comes in at only 20 Calories per serving! I also swapped out the mozzarella with Miyokos Vegan Mozz to give you all the same flavors and melty goodness as the cheese you may be used too, but without any of the dairy!

## **INGREDIENTS:**

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- 8 Boneless Skinless Chicken Thighs
- 3 Cans of "Palmini" Linguine
- 1 Wheel of Miyokos Vegan Mozz, frozen for 1 hour to make grating easier
- (2) 25-oz Jars Marinara Sauce, no sugar added
- 1 Cup Almond Flour
- 1/2 Cup Coconut Flour
- 1/2 Cup Nutritional Test
- 2 Tbsp Garlic Powder
- 2 Tbsp Italian Seasoning Blend
- Salt & Pepper to taste
- 3 Eggs, whisked
- 1/3 Cup Cooking Oil
- Fresh Parsley, for garnish

## INSTRUCTIONS:

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1. Preheat oven to 350F and spread 1/2 Cup Marinara Sauce across the bottom of a 13 x 9 baking dish. Bring a large pot of water to a boil.
2. In a large mixing bowl, combine Almond Flour, Coconut Flour, Nutritional Yeast, Garlic Powder, Italian Seasoning, Salt, & Pepper. Heat a large skillet over medium/high heat and add roughly half of your Cooking Oil.
3. One by one, dip Chicken Thighs in the whisked Egg, then dip into the Dry Ingredient mixture, being sure to coat the entire piece evenly. After all Chicken has been coated, place 4 thighs in the preheated skillet, cooking roughly 3-4 minutes per side. The breading should be a nice golden brown color, but not burnt. Once browned, remove thighs and transfer to the baking dish. Add remaining Cooking Oil and repeat the process with the other 4 Chicken Thighs.
4. Top Chicken Thighs with desired amount of Marinara, then grate Miyokos Vegan Mozz on top (I used roughly 1/2 the Mozz wheel across 8 Chicken Thighs). Transfer baking dish to the preheated oven and bake for 25-30 minutes.
5. While your Chicken Thighs are cooking, drain 3 cans of Palmini Linguine over the sink. At this point, your water should be boiling. Follow directions on the package and cook Palmini to your liking! I cooked mine for 8 minutes and found the texture to be IDENTICAL to your traditional pasta!
6. Drain Palmini and mix with desired amount of Marinara Sauce. I tend to use a lot of sauce, but I know everybody likes their pasta different so do what works best for you!
7. Finally, remove chicken from oven and divide pasta between 8 containers. Top each serving of Palmini with a Chicken Thigh, then serve with a side of seasoned greens. Garnish with Fresh Parsley and Enjoy!

***MAKES 8 SERVINGS!***

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