THE J.M. SMUCKER Co

1-Dish Chicken Parmesan

Breaded chicken breasts swimming in a pool of tomato sauce, topped with melted mozzarella cheese. Mix, prepare and cook this mouth-watering dinner recipe all in one dish, so there's less clean up.

Prep Time	Cook Time	Serves	Difficulty
20 mins	30 mins	6	N/A

Ingredients

- **Batter:**
- 1 1/2 cups (375 mL) **Five Roses®** All Purpose Flour

  All Purpose Bleached White Flour

- 2 envelopes (2 1/4 tsp / 11 mL each) quick-rise yeast
- 2 tsp (10 mL) sugar
- 1/2 tsp (2 mL) salt
- 3/4 cup (175 mL) very warm water (120°F - 130° F / 50°C - 55°C)
- 3 tbsp (45 mL) Canola or Vegetable Oil
- 1 tbsp (15 mL) chopped garlic
- **Toppings:**
- 3 cups (750 mL) fully cooked, breaded chicken breast or tenders, chopped
- 2 cups (500 mL) prepared tomato sauce (tomato basil or plain)
- 3/4 cup (175 mL) roasted red peppers
- 1 cup (250 mL) grated mozzarella cheese
- 1 tsp (5 mL) Italian seasoning

Directions

Step 1:

Batter: Grease an 8" x 8" (2 L) baking dish. Mix all ingredients in prepared dish. Let rest 5–10 minutes.

Step 2:

Topping: Scatter chicken evenly over batter. Pour tomato sauce over chicken and sprinkle with chopped peppers. Top with cheese and seasoning.

Step 3:

Bake by placing in a cold oven. Set temperature to 350º F (180º C). Bake for 30 minutes or until baked through.

Try roasted or rotisserie chicken instead of breaded to change it up. Alternatively, if you have leftover turkey from the holidays, replace the chicken with turkey for a quick family meal.

Images

