



In your box

- ¼ cup Italian Breadcrumbs
- .3 oz. Butter
- 2 oz. Marinara Sauce
- 13 oz. Boneless Skinless Chicken Breasts
- ½ oz. Grated Parmesan
- 1 Lemon
- 12 oz. Asparagus
- 1 oz. Shredded Mozzarella

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls, Microwave-Safe Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	



Baked Chicken Parmesan

with asparagus

Skinnytaste Meal

Calorie Conscious

Protein Packed

For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka!** Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.

NUTRITION per serving—Calories: 429, Carbohydrates: 19g, Sugar: 6g, Fiber: 5g, Protein: 49g, Sodium: 1265mg, Fat: 18g, Saturated Fat: 6g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.
 *Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time 40-50 min.	Cook Within 5 days	Difficulty Level Easy	Spice Level Not Spicy
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Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Prepare the Ingredients

- Trim woody ends off **asparagus**.
- Halve **lemon** lengthwise and cut into wedges.
- In a mixing bowl, combine **breadcrumbs** and **Parmesan**. Set aside.
- Place **butter** in a microwave-safe bowl and microwave until melted, 30-45 seconds. Set aside.



2. Prepare the Chicken

- Pat **chicken** dry.
- On a separate cutting board, cover chicken with plastic wrap and pound with a heavy object into an even thickness. Feel free to use a *disposable gallon-size bag* for easier clean-up.
- Remove plastic wrap. Season chicken on both sides with a pinch of **salt** and **pepper**. Lightly brush melted **butter** on both sides of chicken.
- Transfer chicken to bowl with **breadcrumb-Parmesan mixture** and flip until completely coated, pressing gently to adhere.



3. Start Chicken and Add Asparagus

- Transfer **chicken** to one side of prepared baking sheet. Spray evenly with **cooking spray**.
- Bake in hot oven, 7 minutes.
- While chicken roasts, in another mixing bowl, combine **asparagus**, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper** until asparagus is coated.
- Carefully, remove baking sheet from oven. Add asparagus to empty half and spread into a single layer. *Baking sheet will be hot! Use a utensil.*



4. Finish Chicken and Cook Asparagus

- Bake again until **asparagus** is tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Carefully, remove baking sheet from oven and remove asparagus to a plate. Top chicken evenly with **marinara**, then **mozzarella**.
- Bake again until cheese is melted, 4-6 minutes.



5. Finish the Dish

- Plate dish as pictured on front of card, squeezing **lemon wedges** over **asparagus** to taste. Bon appétit!