**February 5th- Chicken Parmesan Casserole:**

4 cups shredded cooked chicken

1 jar marinara sauce

1-2 cups shredded mozzarella cheese

1 cup whole wheat bread crumbs or panko

1-2 tbl olive oil

fresh chopped herbs ( parsley, basil, oregano)

salt & pepper

**Directions:**

Grease 8X8 casserole dish with cooking spray

Layer chicken in bottom

Dump in marinara sauce and mix with chicken

Next top with cheese until all the chicken  is covered

In a small bowl mix bread crumbs, olive oil, fresh herbs & dash of salt & pepper

Sprinkle seasoned bread crumbs on top

**Freeze before baking**

**Directions: Let thaw in frig overnight .Bake at 350 degrees for 20-25 minutes. Cover with foil if top gets too brown in oven.**