

Chicken Parmesan Casserole:

Ingredients:

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

Prepping Directions:

- Grease 8" x 8" 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.**

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.