



*A Recipe from KnowGluten.me*

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## Gluten Free Chicken Parmesan

### Ingredients:

- 4 boneless, skinless chicken breasts
- 2T Olive Oil
- 2T red wine vinegar
- 1T minced garlic
- 1T Italian seasoning
- 2 eggs
- 1/2 cup Parmesan cheese
- 1 cup marinara sauce
- 1/2 cup mozzarella cheese

### Directions:

1. Place chicken in a gallon size zipper bag with olive oil, red wine vinegar, Italian seasoning and garlic to marinate for at least 30 minutes.
2. Beat eggs in a mixing bowl for dipping chicken and put Parmesan cheese on a plate for rolling chicken.
3. Remove chicken from bag and dip in egg.
4. Roll in Parmesan cheese and place on a baking sheet.
5. Bake a 400F for 30-40 minutes or until cooked through, and remove from oven.
6. Spoon marinara and sprinkle mozzarella over chicken.
7. Return to oven until mozzarella is melted and bubbly.