

# Ready To Freeze Chicken Parmesan Meal

This recipe is not your typical chicken parmesan, but it sure tastes like it! We have another freezer meal for you that, with a little prep time, will make a fast and easy weeknight dinner.

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## Ingredients:

4 cups cooked, shredded [CVM Chicken Breast](#)  
1 28-ounce container of Marinara sauce  
1 cup shredded mozzarella cheese  
 $\frac{3}{4}$  cup breadcrumbs  
2 tbsp melted butter, olive oil, or coconut oil  
 $\frac{1}{4}$  tsp basil  
 $\frac{1}{4}$  tsp oregano  
 $\frac{1}{4}$  tsp pepper  
 $\frac{1}{2}$  tsp salt  
Dried parsley for garnish (optional)  
Spaghetti noodles (optional)



## Method:

Place the chicken in the bottom of a 9x9 or 8x8 baking dish that has been sprayed with cooking spray. Carefully pour the marinara sauce over the chicken. Sprinkle with mozzarella cheese and then parmesan cheese.

In a small mixing bowl, mix the breadcrumbs, melted butter, basil, oregano, salt, and pepper. Add the mixture to the casserole.

Preheat the oven to 350 degrees F. Place in oven for 30-35 minutes, uncovered. Check to make sure that the center of the casserole is about 160 degrees. Garnish with dried basil. Serve over cooked spaghetti if preferred. Adapted from My Recipe Treasures.

## Make Ahead:

Cover and place the casserole in the freezer until ready to use. We recommend using disposable foil pans with plastic lids. If you do not have lids, wrap the casserole container in foil first, then plastic wrap. This recipe can be split into two 8"x8" aluminum disposable pans, or one 9"x13" disposable aluminum baking dish. See our make ahead tips and tricks on pages 3-4.

When you are ready to use, remove from the freezer and place in the refrigerator overnight to thaw.

Heat the oven to 350 degrees F, uncovered, for 30-35 minutes. Check to make sure that the center of the casserole is around 160 degrees. It may take 40-45 minutes if the center of the casserole is still frozen. Garnish with dried basil and serve. Serve over cooked spaghetti if preferred.

