

chicken parmesan gnocchi

MAKES 5 SERVINGS

SERVING SIZE: 1 BOWL

325 CAL / 33.4P / 30C / 9.3F

INGREDIENTS

- 1 & 1/2 pounds boneless, skinless chicken breasts or tenders
- 10 ounces package gnocchi
- 10 grams butter
- 1 cup chicken broth
- 1 cup marinara sauce (or stewed tomatoes + 1/2 tablespoon italian seasoning)
- 1/4 cup shredded parmesan cheese (21g)
- 3/4 cup reduced fat mozzarella cheese (84g)
- salt & pepper

INSTRUCTIONS

1. Arrange 5 oven safe containers on a cookie sheet. Spray lightly with cooking spray.
2. Cut chicken into 1 inch cubes. Over medium heat, cook the chicken with a little bit of salt and pepper until no longer pink. Remove and set aside in a bowl.
3. In the same pan add the butter. Once melted, put in your gnocchi and sauté a few minutes until golden brown. If they begin to stick to the bottom of the pan add the broth.
4. Let the gnocchi simmer in the broth for about 5 minutes, until it thickens up.
5. Turn off heat and add the marinara sauce and chicken.
6. Evenly distribute into your containers (about 1 cup each). Top with cheeses.
7. Broil on high or bake 3-5 minutes until the cheese melts and the top gets nice and crispy.