



## Chicken Cutlets Parmesan



**6.6g**  
Net Carbs

### INGREDIENTS

- 1/2 tsp Black Pepper
- 1/2 tsp Salt
- 1 large Egg (Whole)
- 2 tbsps Heavy Cream
- 32 oz boneless (yield after cooking) Chicken Breast
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 cups Spaghetti/Marinara Pasta Sauce
- 1 3/4 cups shredded Whole Milk Mozzarella Cheese
- 1/2 cup Parmesan Cheese (Grated)
- 3/4 serving All Purpose Low-Carb Baking Mix
- 3 tbsps Basil

### DIRECTIONS

Use the Atkins recipe to make **All Purpose Low-Carb Baking Mix** for this recipe. You will need 1/4 cup.

1. Heat oven to 375°F. Combine 1/4 cup baking mix, pepper, and salt in a shallow dish. Beat egg and cream in another shallow dish. Dip cutlets in egg wash, then in baking mix to coat. Set on waxed paper.
2. Heat 1 1/2 tablespoons oil in a very large skillet over medium-high heat. Add 4 cutlets and sear until golden and cooked through, about 3 minutes per side. Transfer to a platter; cover loosely to keep warm. Repeat with remaining 1 1/2 tablespoons oil and cutlets.

3. Transfer cutlets to a baking dish. Spoon 1 1/2 cups tomato sauce over the cutlets. Top with 1 3/4 cups shredded mozzarella and 1/2 cup Parmesan. Bake until cheese is melted and heated through, 10 to 12 minutes. Top with 3 tablespoons slivered basil leaves and serve.

Find this recipe and more in the New Atkins For a New You Cookbook! <http://atkinscookbook>