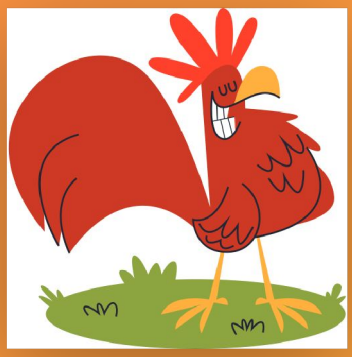
MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids



Parmesan Chicken

Crispy and Flavorful 🧀 Perfect for a quick dinner or tasty snack

PREP TIME	COOK TIME	SERVINGS
15 min	20 min	4

🛒 Ingredients

- **1 pound** Chicken breast
- **1 cup** Panko breadcrumbs
- **½ cup** Grated Parmesan
- **½ cup** All-purpose flour
- **2** Eggs, beaten
- **1 tsp** Garlic powder
- **1 tsp** Paprika
- **To taste** Salt and pepper

Directions

1. **Preheat:** Preheat oven to 400°F (200°C).
2. **Mix coating:** Mix breadcrumbs and Parmesan in a bowl.
3. **Season:** Season chicken with garlic powder, paprika, salt, and pepper.
4. **Coat:** Dredge chicken in flour, dip in egg, then coat with breadcrumb mixture.
5. **Bake:** Place on baking sheet and spray with oil. Bake for 20 minutes or until golden and cooked through.
6. **Serve:** Serve with dipping sauce or veggies.

Nutrition Info

CALORIES	PROTEIN
350	30g
CARBS	**FAT**
20g	14g

Pro Tips

- Add fresh herbs like parsley or basil to breadcrumbs
- Mix in cayenne pepper for a spicy kick
- Sprinkle mozzarella on top before baking
- Air-fry at 400°F for 15-18 minutes