

Chicken Parmigiano

Ingredients:

4 chicken breasts, boneless and skinless

2 cups almond flour

2 eggs, whisked

6 Tbsp. butter

1 - 24 ounce jar of your favorite tomato sauce ([original](#) recipe has directions on making your own)

16 ounces mozzarella cheese (I actually use about 12 ounces)

4 ounces parmesan cheese

Directions:

Dip chicken into egg, let excess run off. Coat well with almond flour. In a pan, melt butter over medium heat. Saute chicken until deep golden brown on both sides. Place 1/2 cup tomato sauce on bottom of 9"x 13" pan. Place chicken into pan and cover with remaining sauce. Spread mozzarella on top and sprinkle with parmesan cheese. Bake at 400 degrees for about 10 minutes or until chicken is cooked through.