

# Healthier Skillet Chicken Parmesan

This Skillet Chicken Parmesan is made healthier with a homemade tomato sauce, skinless chicken breasts and no breading or frying (which means it's also gluten free)! It's a 30 minute meal that everyone will love!

Serves: 4

- 4 boneless, skinless chicken breasts
- 2 tablespoons canola oil
- salt and pepper
- ½ medium onion, chopped
- 1 teaspoon minced garlic
- 1 tablespoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 (28oz) can crushed tomatoes
- 1//2 teaspoon salt
- 1 teaspoon sugar (optional)
- ½ cup shredded mozzarella cheese
- ½ cup shredded parmesan cheese[



1. In a large skillet, season chicken breasts with salt and pepper. Cook over medium heat in canola oil for 3-4 minutes per side, until golden brown and cooked through. Set aside on a plate and cover with tin foil.
2. To the skillet add the onion. Cook until softened and add the garlic, basil, parsley, and oregano and cook 1 minute.
3. Add crushed tomatoes, salt, and sugar if desired (sometimes canned tomatoes can have a bit of bitterness). Simmer over medium-low heat for 5 minutes.
4. Return chicken breasts to pan and simmer for 2 minutes until heated through. Top with cheese, and cover pan. Let sit for 2-3 minutes until cheese is melted.