

Treasure Barrel

Chicken Parmesan Casserole – Quick, Easy Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 2 cups marinara sauce
- [ ] 1 ½ cups shredded mozzarella cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] ½ cup breadcrumbs
- [ ] 2 tbsp olive oil
- [ ] 1 tsp Italian seasoning

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-inch casserole dish.
2. Heat olive oil in a skillet over medium-high heat. Add the diced chicken, season with salt, pepper, and Italian seasoning, and sear until lightly browned, about 4-5 minutes. Set aside.
3. In a mixing bowl, combine the cooked chicken with marinara sauce and half of the mozzarella. Stir gently to coat.
4. Transfer the mixture into the prepared dish. Sprinkle the remaining mozzarella, Parmesan, and toasted breadcrumbs on top. cheesy bake.
5. Bake uncovered for 18-20 minutes, until the cheese bubbles and the breadcrumb topping turns golden. Let rest five minutes before serving.

Nutrition per serving

420 kcal	32 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a spicier kick, stir a pinch of crushed red pepper into the sauce before baking.
- For extra flavor, sprinkle a little fresh basil over the casserole just before serving.
- Use a glass baking dish to watch the cheese turn beautifully golden.