

# PICKLER & BEN

## Chicken Parmesan with Spaghetti Squash



This quick one-pan and paleo-friendly meal comes from Danielle Walker's cookbook, "Eat What You Love." Look for a store-bought marinara sauce that is free from soybean oil, sugars, canola oil, or citric acid.

### **Chicken Parmesan with Spaghetti Squash**

*Serves 4 to 6*

#### Ingredients

Extra-virgin olive oil, for the baking sheet and drizzling  
1 (3-pound) spaghetti squash  
Fine sea salt  
6 boneless, skinless chicken breasts (about 2 pounds)

2 large eggs  
1 1/2 cups blanched almond flour  
1 cup parmesan cheese, divided  
1 1/2 teaspoons sea salt, divided  
2 teaspoons dried oregano  
1 teaspoon dried basil  
1/2 teaspoon dried thyme  
2 1/2 teaspoons garlic powder, divided  
1 1/2 cups marinara sauce  
2 tablespoons melted ghee  
Chopped fresh basil, for garnish

### Directions

1. Preheat the oven to 350 degrees. Lightly grease a rimmed baking sheet with oil. Slice the ends off the squash, and cut into 2-inch rings. Remove the seeds with a spoon or running a knife around the interior. On a wire rack, lined with paper towels, place the squash rings on top. Sprinkle both sides with salt and let sit 15 minutes to release moisture. Wipe away excess salt, brush both sides with oil, and arrange around the outer edges of the baking sheet, leaving an empty space in the center.
2. Place chicken between two pieces of parchment paper or plastic wrap. Using a kitchen mallet, pound the chicken until 1/2-inch thick.
3. In a shallow bowl, lightly beat the eggs. In a separate shallow bowl, combine the flour, 1/3 cup parmesan, 1 teaspoon salt, oregano, basil, thyme, and 1/2 teaspoon garlic powder. One at a time, dip the chicken into the egg, allowing excess to drip off, then dip into the almond mixture, turning to coat each piece and shaking off any excess. Place the chicken in the center of the baking sheet and lightly drizzle with oil.
4. Bake the chicken and squash until golden brown, about 30 minutes. Pour about 1/4 cup of the marinara sauce over each chicken breast and top with 1/3 cup parmesan. Return to oven and bake until thermometer inserted into thickest part of each breast reaches 165 degrees and the sauce is heated through, about 10 minutes.
5. Using a fork, pull the spaghetti-like strands away from the insides of the squash rounds. Place into a bowl and toss with ghee, the remaining 2 teaspoons garlic powder, and remaining 1/2 teaspoon salt.

6. Divide the “noodles” among the plates and top each with a piece of chicken. Spoon any additional sauce from the sheet over the top and sprinkle with the remaining 1/3 cup parmesan and the basil.

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