

## Recipe: Quick and Easy “Chicken Parm”

### Ingredients:

- 1 bag (about 4 cups) broccoli slaw
- 1 cup canned crushed tomatoes (or make your own)
- 1 cup sliced mushrooms
- 1 clove garlic chopped (more to taste)
- 1 tsp oregano
- 1 tsp basil
- Onion powder, black pepper and red pepper to taste
- 2 chicken breasts
- 2 oz shredded mozzarella almond cheese

Prepare chicken breasts to your liking (grill, pan “fry”, bake etc). Spray pan with olive oil and add slaw, mushrooms and  $\frac{1}{4}$  cup water over medium heat. Stir occasionally and cook 5-10 minutes until slaw has soften and water evaporates. Add tomatoes and all spices. Stir and cook until hot.

Remove from pan and add chicken to the top. Add one ounce of almond cheese to the top of each chicken breast. Enjoy!

Makes 2 servings