



Chicken Parmesan Loaf

Ingredients:

2 Tbsp extra virgin olive oil
1 cup diced onion
3 cloves garlic, minced
1/2 tsp salt
1/4 tsp pepper
1.5 pounds ground chicken breast
1 cup bread crumbs (or crushed Rice Chex)
1/4 cup milk
1 egg
2 Tbsp grated parmesan
2 Tbsp parsley
Other Italian seasoning as desired
6-8 oz mozzarella cheese, cut into planks
1 cup marinara

Crispy Crumb Topping:

2 Tbsp butter
1 clove garlic, minced
1/2 cup bread crumbs (or crushed Rice Chex)
3 Tbsp grated parmesan
2 Tbsp parsley
garlic salt to taste

Instructions:

Heat oven to 400 degrees. Spray loaf pan with cooking spray. In a skillet, heat olive oil over medium-high heat and cook onions, garlic, salt and pepper for about 5 minutes until soft and translucent. Set aside to cool.

In a bowl, mix the chicken, crumbs, milk, egg, parmesan and parsley. Add cooled onion and garlic and mix well. Press half of the mixture into the bottom and sides of the loaf pan. Arrange planks of mozzarella inside. Cover with the remaining mixture, pressing to seal in the cheese. Spread marinara over the top and put in the oven until it reaches 165 degrees (about an hour). Cool 10-15 minutes.

Meanwhile, melt butter in a skillet and brown a clove of crushed garlic, then toast the bread crumbs. Set aside to cool, then add parmesan and parsley. Add garlic salt if desired. Top meatloaf with mixture. Serve.