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Crispy Chicken Parmigiana Salad

with Potatoes and Spinach

Everyone knows the best part of Chicken Parmigiana is the layer of gooey cheese on top of crispy chicken. We're recreating that same combination, but lightening it up in salad form. We think it's the most delicious way to get in those leafy greens!



30 min



level 1



nut free



Chicken Breasts



Yukon Potatoes



Spinach



Panko



Parmesan Cheese



Garlic Powder



Sour Cream



Lemon

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Spinach	5 oz	10 oz
Panko	1) 3)	1/4 c
Parmesan Cheese	2)	1/4 c
Garlic Powder	1 t	2 t
Sour Cream	2)	3 T
Lemon	1	1
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

1) Wheat

2) Milk

3) Soy

Tools

2 Baking Sheets,
Large Bowl, Plastic Wrap,
Heavy Pan, Shallow Dish

Ruler

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Nutrition per person Calories: 553 cal | Fat: 20 g | Sat. Fat: 6 g | Protein: 53 g | Carbs: 46 g | Sugar: 4 g | Sodium: 403 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!



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1 Make the panko mixture: Preheat the oven to 425 degrees. In a shallow dish, combine the **panko**, **parmesan**, **garlic powder**, and a pinch of **salt** and **pepper**. Cut the **potatoes** into 1-inch cubes and toss on a baking sheet with a drizzle of **oil** and a large pinch of **salt** and **pepper**.



4

2 Cook the potatoes: Place the **potatoes** in the oven for 25-30 minutes, tossing halfway through, cooking until golden brown and tender.

3 Prep the chicken breasts: Working one at a time, place the **chicken breasts** between two pieces of plastic wrap. Pound the chicken with a rolling pin, mallet, or heavy-bottomed pan until 1/2-inch thick. Season the chicken with **salt** and **pepper**.



5

4 Cook the chicken: Place the **chicken** on a lightly oiled baking sheet and spread the the chicken with **1 Tablespoon sour cream** (per chicken breast). Press the **panko mixture** onto the sour cream to adhere. Place in the oven for about 15 minutes, until the chicken is cooked through and crispy.

5 Make the dressing: Halve the **lemon**, cutting one of the halves into wedges. In a large bowl, combine **1 Tablespoon sour cream**, a large drizzle of **olive oil**, a squeeze of **lemon juice**, and a pinch of **salt** and **pepper**.



6

6 Make the spinach-potato salad: When the **potatoes** are ready, toss them into the bowl with the **dressing** along with the **spinach**. Season to taste with **salt** and **pepper**.

7 Plate: Serve the **crispy chicken Parmigiana** on a bed of **spinach-potato salad**, with wedges of **lemon** for squeezing over the chicken. Enjoy!