

Creamy Chicken Gnocchi

Creamy Chicken Gnocchi

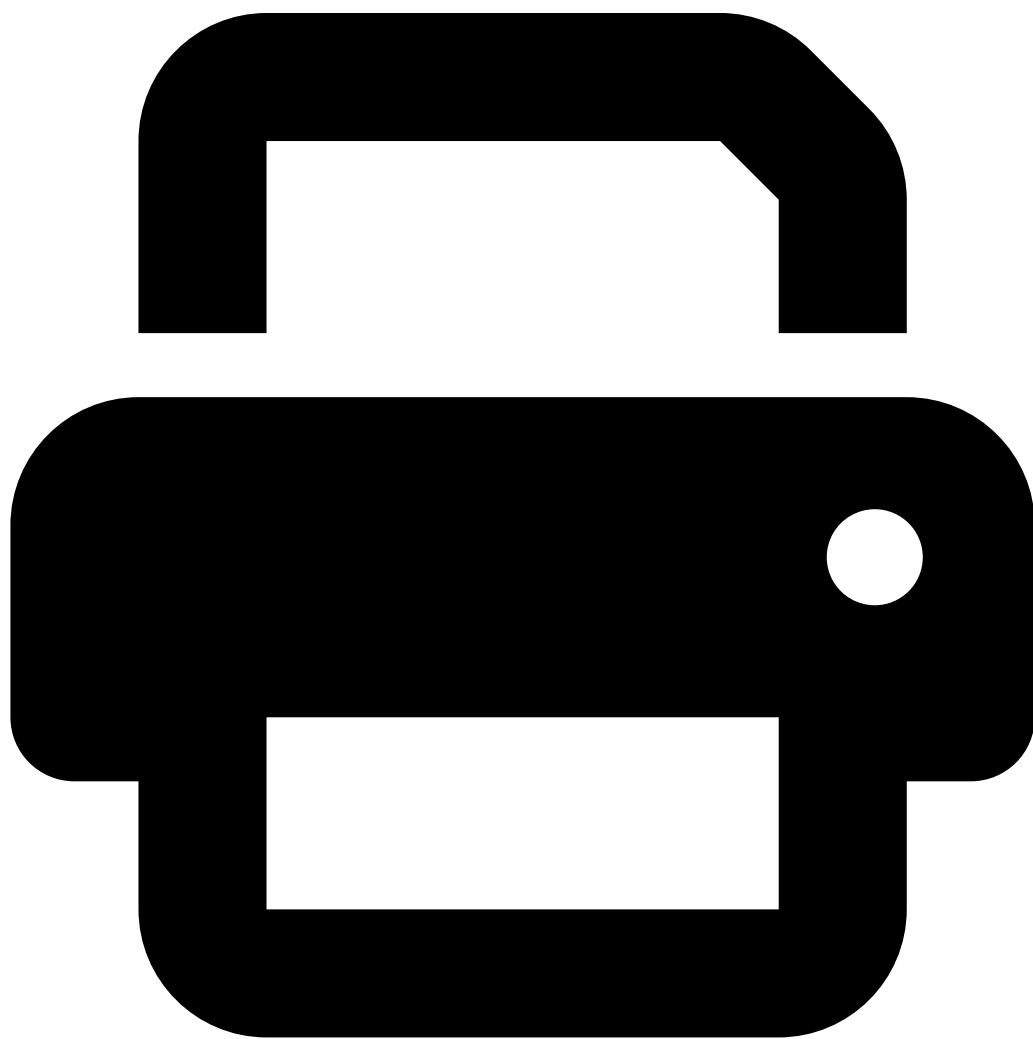
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











Don't let the looks of this Creamy Chicken Gnocchi intimidate you. It's an easy recipe when you use store bought potato gnocchi.

If you want to go the all home made route you can make my Easy Ricotta Gnocchi. But if you decide to make your own they need to be cooked in a separate pot of rapidly boiling water until they come to the surface, about 7 minutes and then tossed in the sauce. The same is true with the marinara but marinara sauce is so easy and is one of the sauces I always have on hand. I have linked the recipes for the gnocchi and the marinara. The most important thing about marinara is to use the best tomato products, since tomatoes are the main ingredient.

My absolute favorite is La San Marzano, you can't always find it in the supermarkets but here is the link to find it on Amazon.

Three Tips When Making Creamy Chicken Gnocchi

Size matters!!! when we're one pan cooking. The sauté pan has to be big enough and deep enough to hold in this case both the pasta and the sauce. Here's a link to a good all around one pan cooking pot.

Another thing that's important is to be sure the oil and butter is hot enough to sear the chicken without burning it.

One more thing, if the sauce is too thick add a little milk if it's too thick coat a pat of butter with flour and put it in the sauce, the last few minutes.

Creamy Chicken Gnocchi



Tender chicken and pillowy gnocchi simmer in creamy marinara with spinach and Parmesan for a rich, comforting Italian-inspired dish that's easy to make.

- 3 boneless, skinless chicken breast cut in cubes
- $\frac{1}{2}$ lb store bought or my easy ricotta gnocchi
- 3 cups prepared marinara sauce
- 1 cup heavy cream
- 2 cups chopped spinach
- 2 tbsp each olive oil and butter
- 2 tbsp chopped garlic

- $\frac{1}{2}$ small onion chopped
- 1 cup parmesan cheese
- 2 tbsp chopped Italian parsley

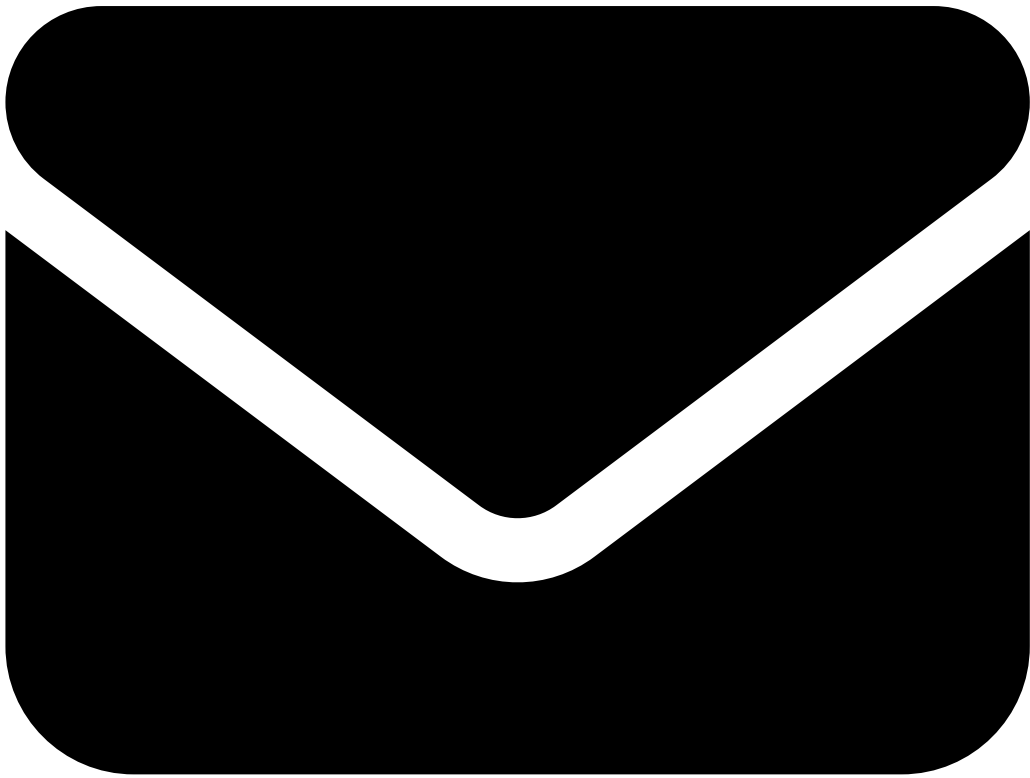
1. In a large sauté pan heat olive oil and butter to medium heat
2. Salt and pepper the chicken and sauté until lightly browned
3. Add the garlic and onion sauté until tender and just beginning to brown
4. Add the prepared marinara and cream simmer 15 minutes or until sauce thickens
5. Add the gnocchi and spinach
6. Simmer covered 7 to 10 minutes
7. Sprinkle with the parmesan cheese and Italian parsley

White Chicken Chili

White Chicken Chili

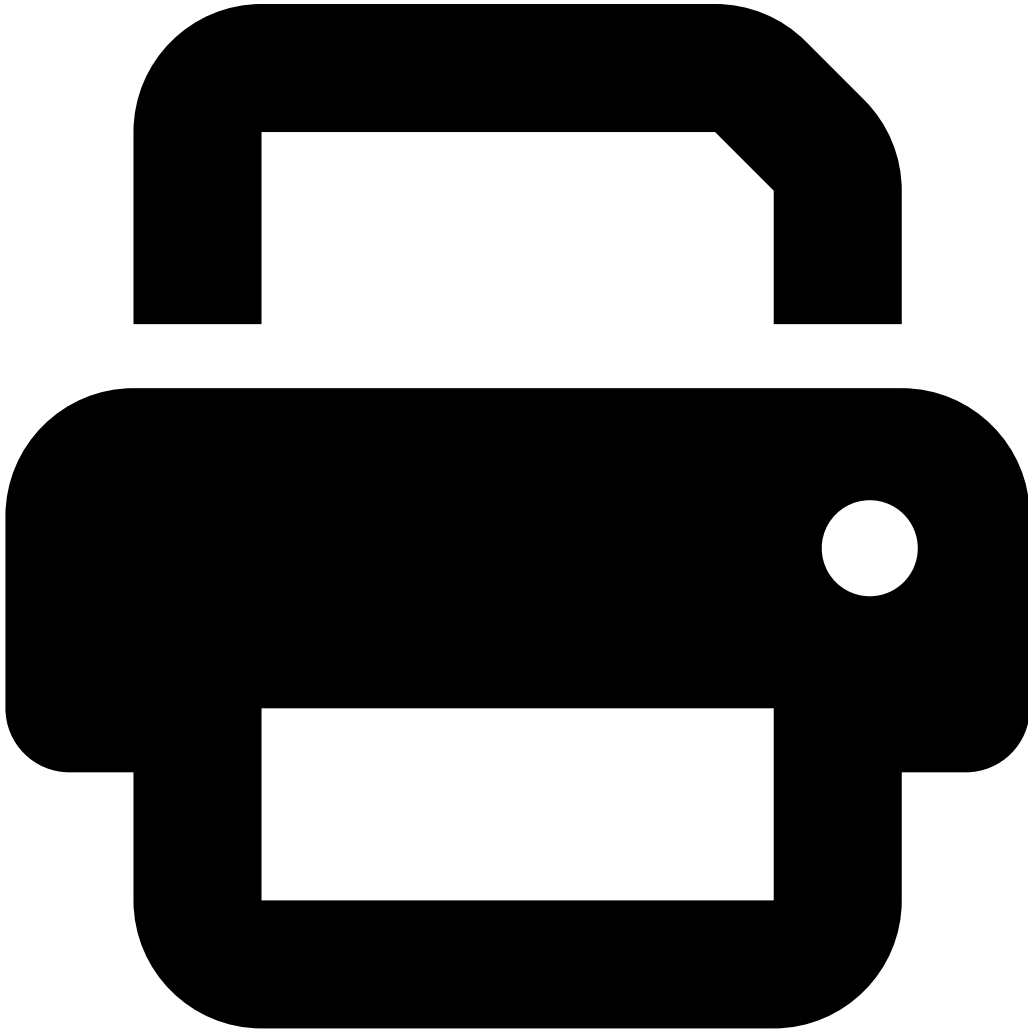
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











White Chicken Chili is the ultimate comfort food when your looking for a healthier version on the old classic. Full of tender chicken breast and white beans in a creamy, cheesy sauce will have your family and friends coming back for seconds.

You won't have leftovers, but if you do this is one of those freezer friendly recipe for a ready made meal.

actually make a double batch purposely to freeze. These containers from Amazon they store easily, come in different sizes

are freezer and microwave friendly, don't freeze the Chili with the toppings, add them just before serving.

Topping White Chicken Chili

white chicken chili like all chilis it's about the toppings. I topped this one with sour cream, lime, cheese and tortilla chips, that I cut into ribbons and air fried in my Cuisinart toaster/air fryer.

If you don't have an air fryer all I can say is, of all of the appliances in my kitchen it is the one I use the most. It fries, bakes, roasts and toast all in one toaster/air fryer.

Back to the topping the Chili there are as many possibilities as there are different types of chili. Experiment with different combinations find what fits your lifestyle and taste.

One more thing if you make this recipe, please me a comment and don't forget to tag me on Instagram. I love hearing from you that's my favorite part!!!

White Chicken Chili



Tender shredded chicken and creamy white beans simmer with green chilies and smoky spices, finished with cheese, sour cream, tortilla chips, and fresh cilantro.

- 3 boneless skinless chicken breast
- 2 tbsp olive oil
- 1 onion

- 2 tbsp chopped garlic
- 1 Jalapeno seeded and minced
- 1 tbsp each cumin, oregano, coriander and smoky paprika
- 2 15 oz cans white beans
- 4 cups chicken
- 2 4.5 oz green chilies
- $\frac{1}{2}$ cup each Monterey Jack and sharp cheddar
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup crushed tortilla chips
- $\frac{1}{2}$ cup chopped cilantro
- Salt and pepper to taste

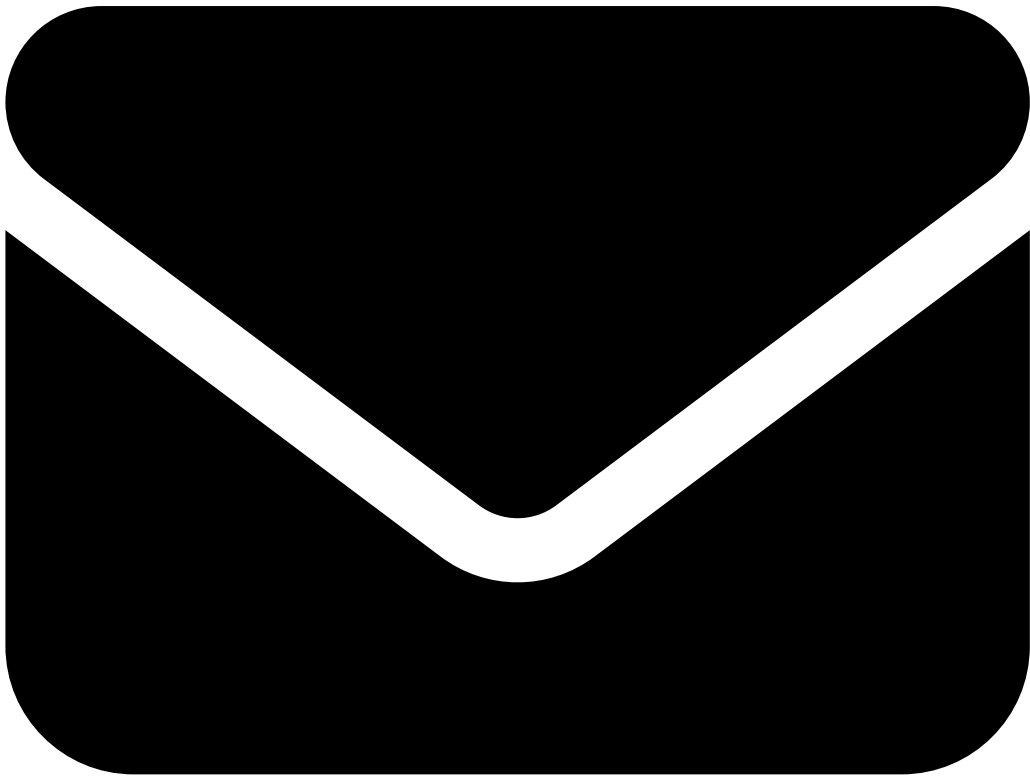
1. In a large pot over medium heat, heat oil.
2. Add the chicken cook until lightly brown remove and set aside
3. Add the the onion, garlic and jalapeno cook until tender and just beginning to brown about 5 minutes
4. Add all the spices cook until fragrant
5. Add the green chilis, chicken broth, and chicken season with salt and pepper
6. Bring to a boil, reduce heat and simmer covered 15 minutes
7. Remove chicken, shred between two forks
8. Return chicken to pan add white beans
9. Simmer 5 minutes more
10. Garnish with the Monterey jack, sour cream, tortilla chips, lime and cilantro

Chicken And Sausage Pasta

Chicken And Sausage Pasta

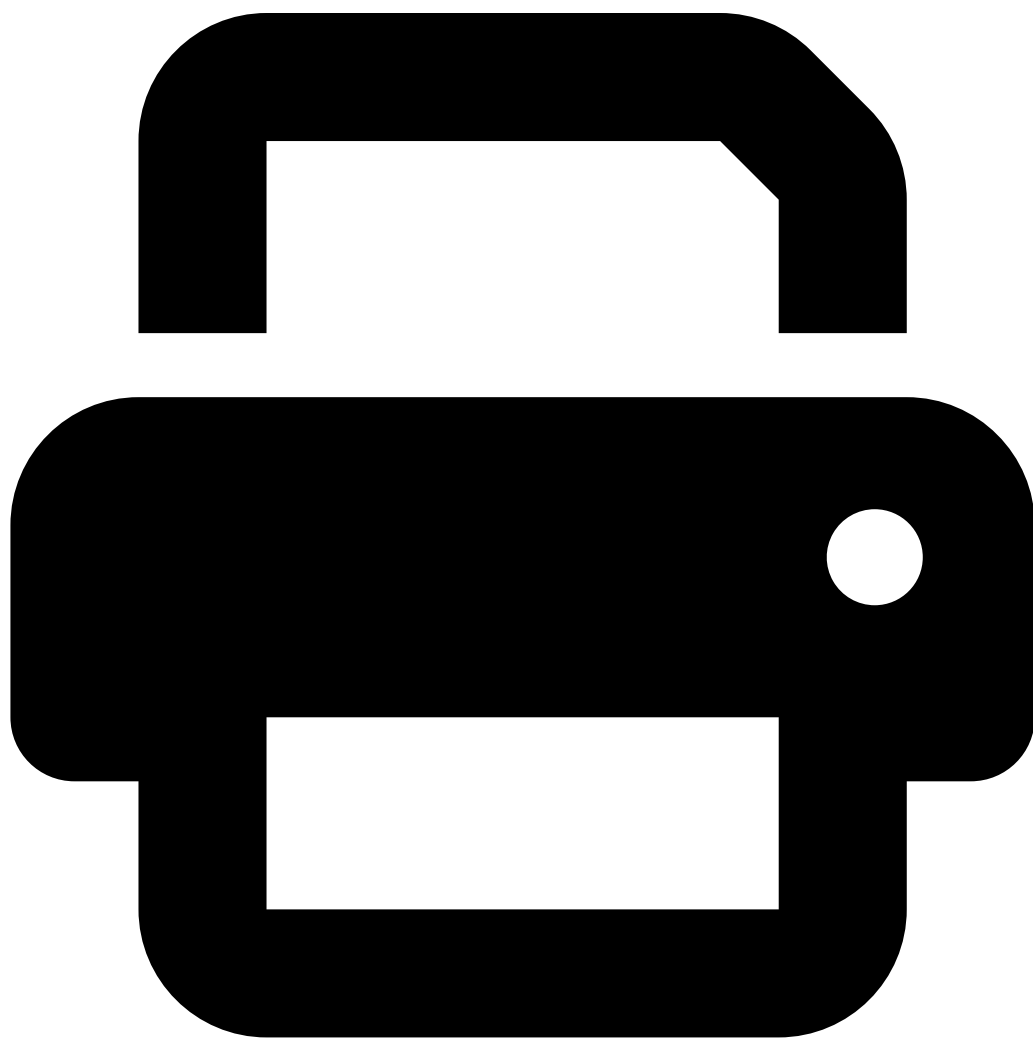
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











If you love pasta your going to love this Chicken And Sausage Pasta recipe. Penne pasta tossed in a creamy pesto sauce, with chunks of juicy chicken breast and Italian sausage, make this a restaurant quality dinner.

In most Italian kitchens pasta is a staple, it was in my house growing up and it still is today. Growing up most of the pasta was made by hand. I can still see my Mom rolling out the dough by hand, on a wooden board my father made for her.

There's no doubt homemade pasta is the best, but with so many delicious commercial brands store bought is a good alternative. Pasta is still one of my go to staples when I need dinner quick, or I have unexpected company. it's quick, easy, and so versatile it's easy to please the pickiest eater.

Ever wonder why most restaurants have pasta on the menu?? Well the answer may be it's too imitating for the home cook, IT'S NOT . You need dinner quick, on those busy weeknights, you

have unexpected guests coming Pasta to the rescue.

Pasta is delicious plain and simple. Think olive oil, garlic, parmesan, cream, herbs, chicken and sausage and you have a meal fancy enough for weekend dinners with friends.

Customize Chicken And Sausage Pasta

This Chicken And Sausage Pasta recipe calls for easy ingredients you probably already have on hand, butter, garlic, cream, tomatoes, chicken and Italian chicken sausage which together create a creamy, saucy Italian flavored dinner. And the best part is that you can mix and match ingredients to customize this recipe to your tastes.

You can substitute the chicken for tofu if your going the vegetarian route, using the same process. You don't like chicken or sausage? Then use shrimp adding it the last 5 minutes of cooking.

If your gluten free there are a lot of good gluten free pastas too. Use ingredients that fit your lifestyle and taste. I used my homemade pesto sauce, you don't have too, store bought works just as well.

Here is the recipe to make basil pesto, combine one bunch of basil, 1 cup parmesan cheese, 2 cups toasted walnuts

with 1 cup extra virgin olive oil pulse blender pouring the olive oil in last in a slow stream while pulsing.

Please let me know your experience if you make this recipe, comments, feedback whatever you feel like talking about. That's my favorite part and don't forget to tag me on Instagram.....

Chicken and Sausage Pasta



Tender chicken, Italian sausage, and penne are tossed in a creamy pesto sauce with spinach, tomatoes, and Parmesan for a rich, comforting Italian pasta.

- 1 lb penne pasta
- 2 boneless skinless chicken breast
- 2 links chicken Italian sausage
- 2 tbsp each olive oil and butter
- 2 cups chopped spinach
- 2 cups cherry tomatoes
- 1 cup parmesan cheese
- 1 small chopped onion
- 2 tbsp chopped garlic
- 1 cup heavy whipping cream
- 2 cups pesto sauce
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 tbsp each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

1. Cook pasta according to package directions reserving 2 cups of the water before draining
2. Mean while heat olive oil and butter in large saute pan
3. Salt and pepper chicken to taste
4. Cut sausage into thick diagonal slices

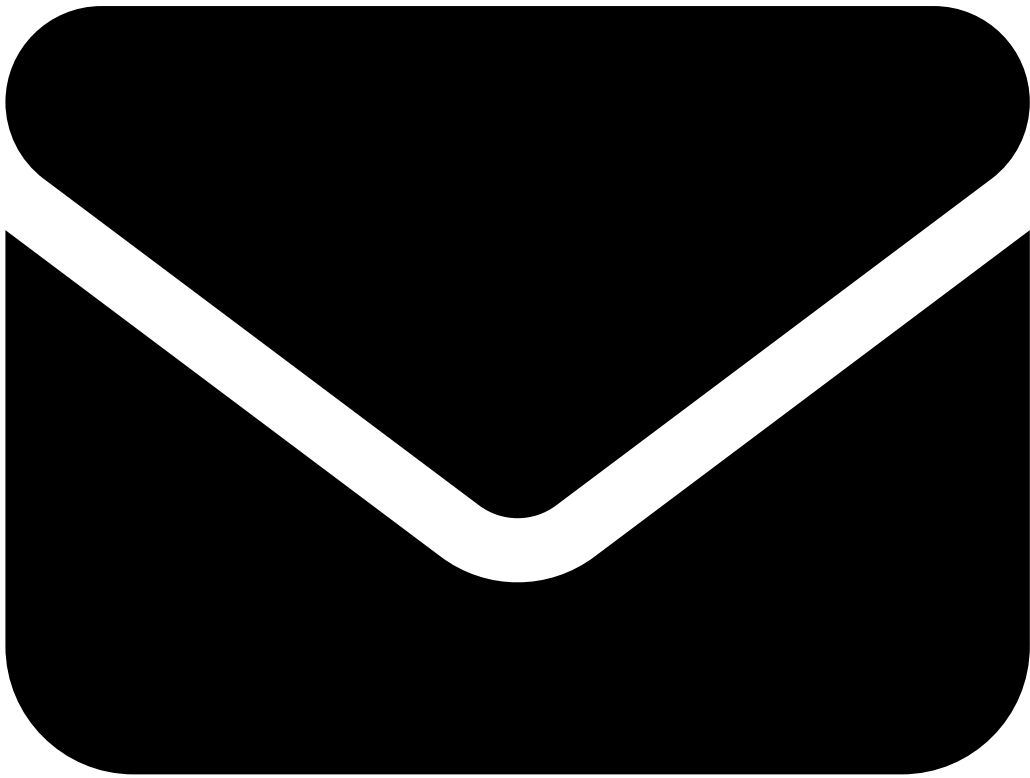
5. Add chicken and sausage saute until golden
 6. Saute onion and garlic until tender
 7. Add tomatoes saute until blistered about 10 minutes
 8. De glaze pan with chicken stock
 9. Add heavy whipping cream, pesto sauce and reserved pasta water
 10. Simmer until sauce thickens about 10 minutes
 11. Add parmesan cheese, spinach, and herbs last 5 minutes
 12. Toss drained pasta in the sauce
 13. Top with the additional parmesan and Italian parsley
 14. Salt and pepper to taste
-

Chicken Piccata Pasta with Linguine

Chicken Piccata Pasta with Linguine

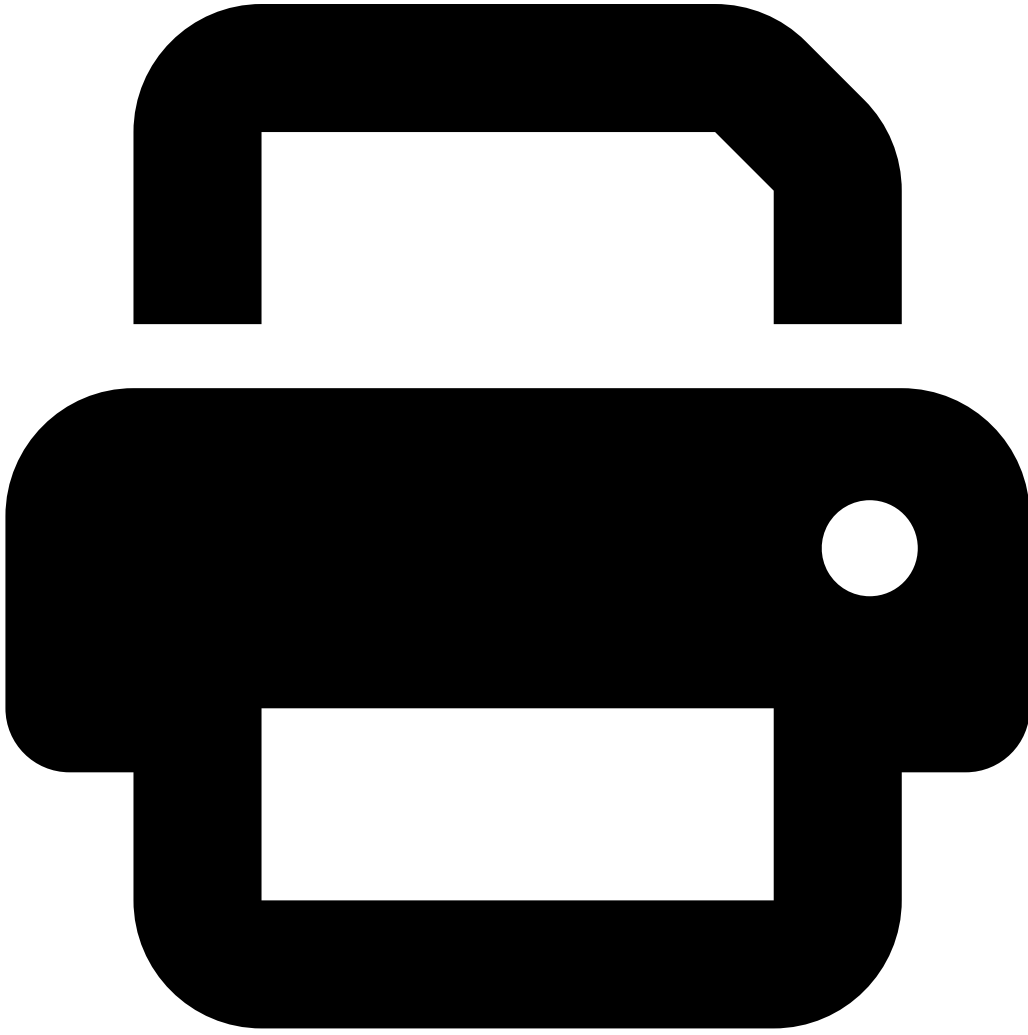
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











Happy July!!! For my first post of the month Am sharing one of the most ordered meal at the restaurant Chicken Piccata Pasta with Linguine

Looking for a restaurant quality meal you can make in your own kitchen in less than 30 minutes? Here it is this creamy, lemony chicken recipe starts off with chicken breast coated in flour then sauteed in a mixture of olive oil and butter to a golden brown.

Add in lemon, capers and artichokes toss in all together with linguine and you have a meal everyone will love.

When you need dinner quick on those busy weeknights or when you have last-minute guests coming: pasta to the rescue!

Pasta is delicious, plain and simple: think olive oil, garlic, Parmesan, and some herbs; add in chicken and a creamy, lemony sauce, and you have a guaranteed crowd pleaser!

That's all it takes: adding pasta to this Chicken piccata recipe makes for a meal that is cause for celebration. Plus it's a perfect way to show off what a great "home chef" you are. This recipe was inspired by my love of pasta, one of my top restaurant "luxury" meals, but I've made it easy for the home cook.

Things to know about this Chicken Piccata Pasta with Linguine

Chicken Piccata Pasta with Linguine is nothing more than chicken cutlets, dredged in flour, browned, cooked in a sauce of butter, lemon juice, cream and chicken stock, then tossed with linguine. It can be prepared in 30 minutes or less and it's so easy and delicious it should be part of every home cooks repertoire.

Traditionally it doesn't use cream in the recipe and because I don't drink I've replaced the customary white wine with chicken stock. I've talked here before, about the importance of saving some of the pasta water before draining, it really is the magic ingredient that thickens and adds flavor to your pasta sauces. It's a step that can be easily forgot, I save more than I need just in case i need it.

I served it with pasta for an easy weeknight family meal. If you want a special occasion dressed up dinner serve it with garlic mashed potatoes and snap fresh green beans.

Don't forget to leave me comment if you make this, and please don't forget to tag me on Instagram, hearing from you is my favorite part!!!!

Chicken Piccata Pasta with Linguine



Golden chicken, tender linguine, capers, and artichokes are coated in a creamy lemon sauce for a bright, comforting Italian pasta that's rich and full of fresh flavor.

- $\frac{1}{2}$ lb Linguine
- 4 (6 oz) chicken breast
- $\frac{1}{4}$ cup flour
- Salt and pepper to taste
- 2 tbsp each butter and olive oil
- juice and zest from two lemons
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup reserved pasta water
- $\frac{1}{2}$ cup capers
- 1 cup chopped artichokes
- 2 tbsp chopped garlic
- $\frac{1}{2}$ cup chopped onion
- 1 tbsp each chopped Italian parsley, and basil

1. Salt and pepper chicken
2. Coat with flour
3. Heat oil and butter Add the chicken brown on both sides (3-4 minutes per side) remove from skillet and set aside
4. In the same pan add onion and garlic saute until tender and just beginning to brown
5. Add heavy whipping cream, chicken stock, reserved pasta

water, lemon juice and rind

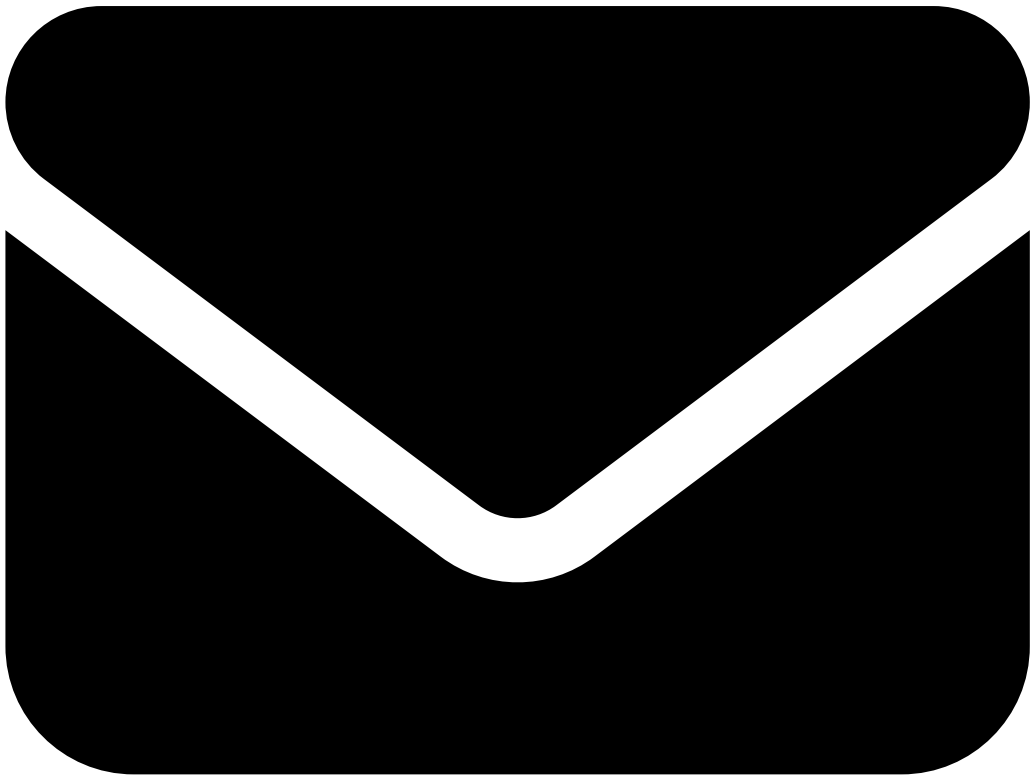
6. Simmer until thickens about 15 minutes
 7. Return chicken to pan
 8. Add capers and artichokes
 9. Simmer 5 minutes more
 10. Toss linguine with sauce top with chicken, sprinkle generously with Parmesan and Italian parsley
-

Chicken Philly Pasta

Chicken Philly Pasta

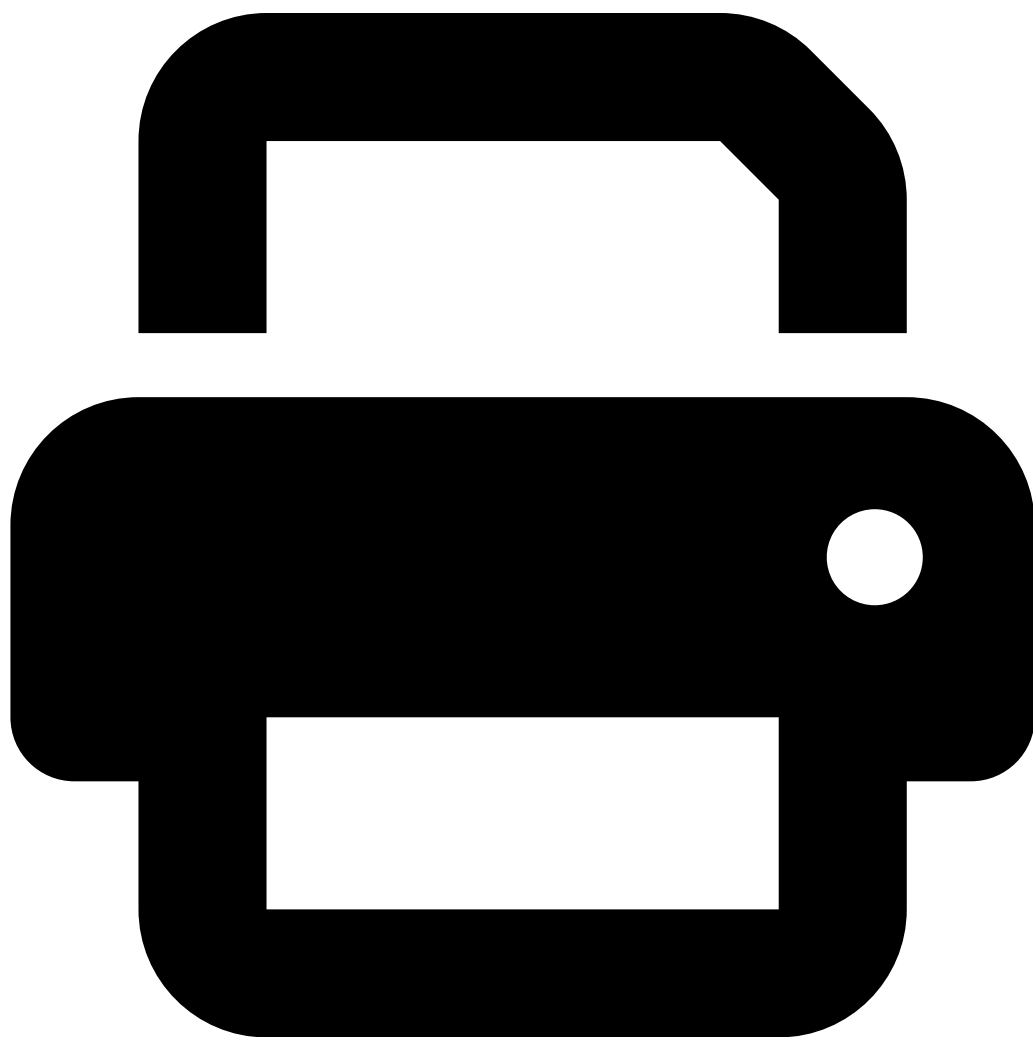
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











I can't believe it's almost July, and the temperatures are rising in California, where I live. So am always looking for easy, quick recipes that get me out of the kitchen fast.

Seriously, this Chicken Philly Pasta is what dreams are made of. quick, easy, and delicious it's a meal the whole family loves. And it's ready in less than 30 minutes.

We need recipes like this, that don't take hours to prepare and the whole family loves. This creamy, cheesy meal has ingredients even picky eaters will like. Who doesn't like cream and cheese?

Another great thing about this recipe, it uses few ingredients you probably have in your kitchen, and the best part it's made in one pan. It's a quick and easy recipe that doesn't have to be saved for special occasions, it's a perfect meal any night of the night.

It comes together in 30 minutes, doesn't use ingredients you

can't pronounce, let alone know what they are and my favorite way of cooking it's make all in one pan YIPEEEEE!!!!

Customize Chicken Philly Pasta

You can customize this Chicken Philly Pasta recipe to make it your own, by changing the protein and your choice of pasta. If possible try to use ingredients you have on hand in different recipes.

In my kitchen I use the same ingredients in many different recipes. It saves trips to the store and cuts down on waste. For instance, this pasta dish uses the same ingredients I would use to make a chicken Philly sandwich or a Philly style pizza, cooking this way makes meal easier.

If you keep following along pretty soon you wouldn't be looking at recipes as often. You'll easily be able to add, change or subtract ingredients to fit your lifestyle and taste.

This recipe works well with shrimp too. If you use shrimp saute them 3 minutes per side then remove them from pan to prevent overcooking, adding them back in at the end just to heat through. And of course you can use steak and made it a true Philly steak pasta.

Whatever ingredients you use keep it simple and fresh, and remember in one pan cooking the saute pan needs to be deep enough to hold the pasta. one pan of this size is all you need. This is the one I use from Target, it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram. I love

hearing from you, it's my favorite part!!!!

Chicken Philly Pasta



Tender chicken, peppers, mushrooms, and pasta are simmered in a creamy Parmesan sauce for a rich, comforting Italian-inspired dinner that's packed with savory flavor.

- $\frac{1}{2}$ lb gemille shaped pasta
- 2 skinless boneless chicken breast
- 2 tbsp each butter and olive oil
- 1 red cubed bell pepper
- 2 cups sliced mushrooms
- $\frac{1}{2}$ cup chopped onions
- 1 tbsp chopped garlic
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup water
- 1 cup grated parmesan cheese
- 1 tbsp each chopped Italian parsley, basil, and thyme

1. Heat oil and butter add onion and garlic saute until tender
2. Add peppers and mushrooms saute until crisp tender about 5 minutes Push to one side of saute pan
3. Add chicken brown on both sides remove from skillet

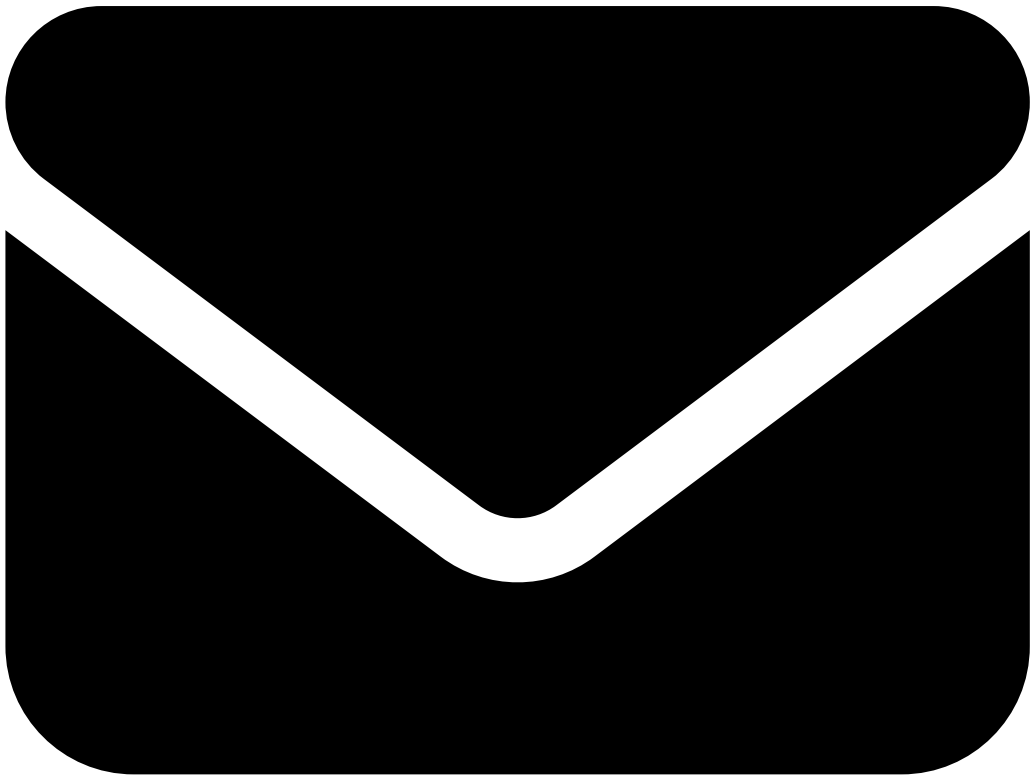
4. Add heavy whipping cream, chicken stock, water and pasta
 5. Simmer until thickens about 10 minutes
 6. Add spinach and parmesan Simmer 5 minutes more
-

Sweet and Tangy Balsamic BBQ Sauce Recipe

Sweet and Tangy Balsamic BBQ Sauce Recipe

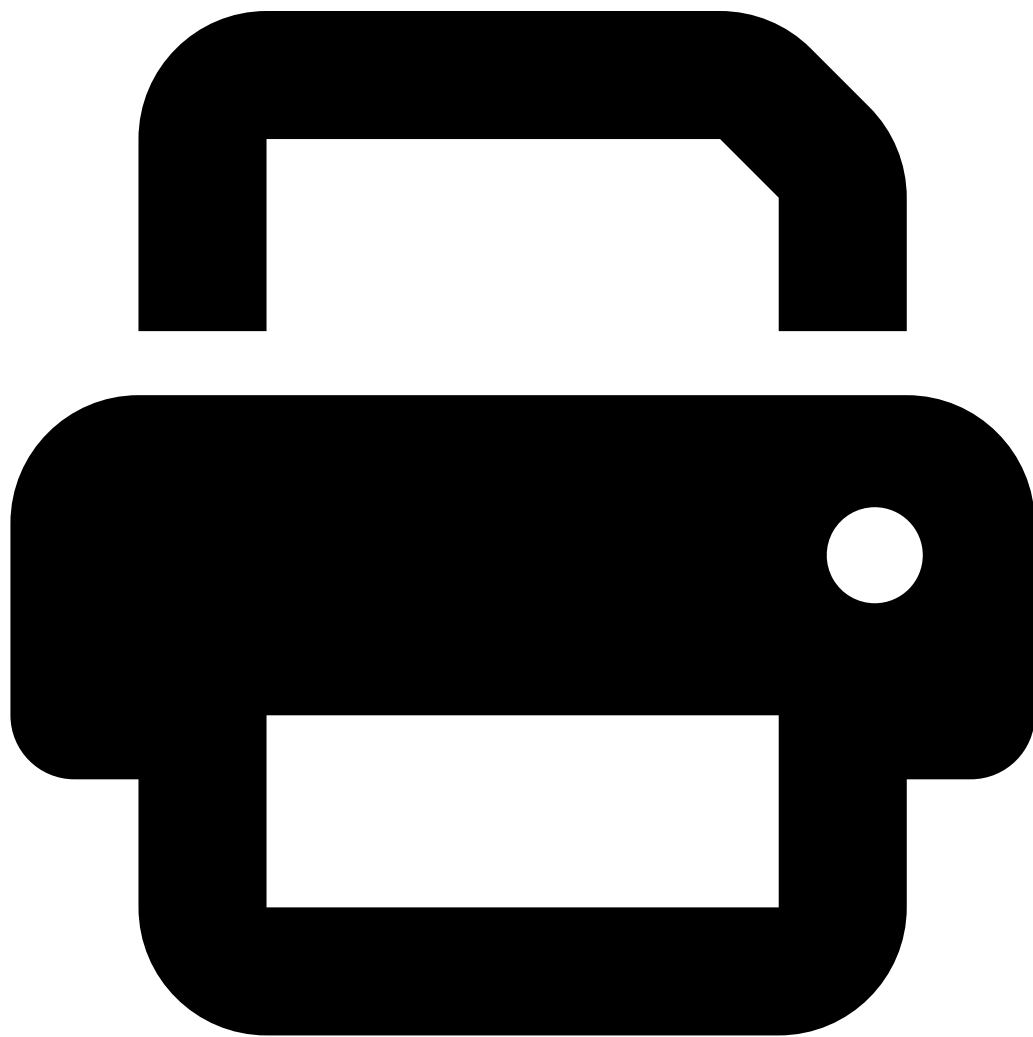
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out prefect every time.

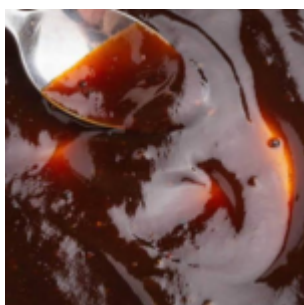
Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the week.

It's the prefect sauce to use for pulled pork or chicken and keeps fresh in you fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

Sweet and Tangy Balsamic BBQ Sauce



Rich balsamic vinegar, brown sugar, and smoky spices simmer together to create a sweet and tangy BBQ sauce that's perfect for chicken, ribs, burgers, and more.

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- $\frac{1}{2}$ cup brown sugar
- 2 tbsp hot sauce
- 1 tbsp garlic powder

- 1 tbsp onion powder
- 1 tbsp smoked paprika
- 1 tbsp Worcestershire sauce
- Salt and black pepper to taste

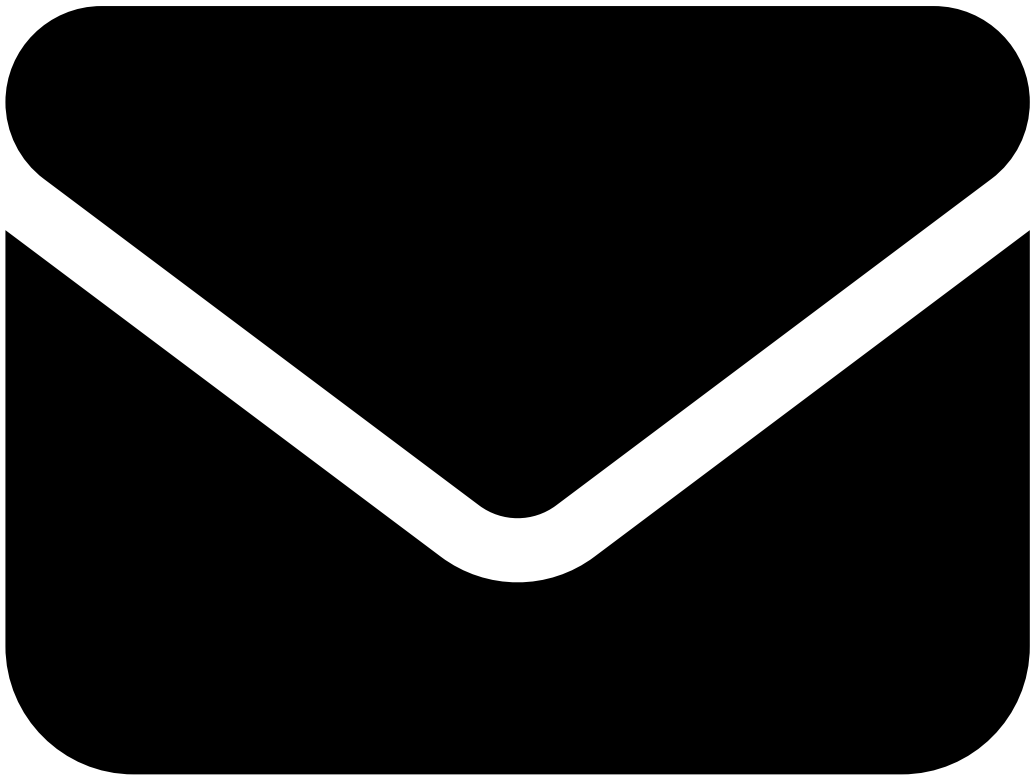
1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your liking.
4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.
5. Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.

Creamy Tuscan Chicken Penne Pasta – Easy Weeknight Dinner

Creamy Tuscan Chicken Penne Pasta – Easy Weeknight Dinner

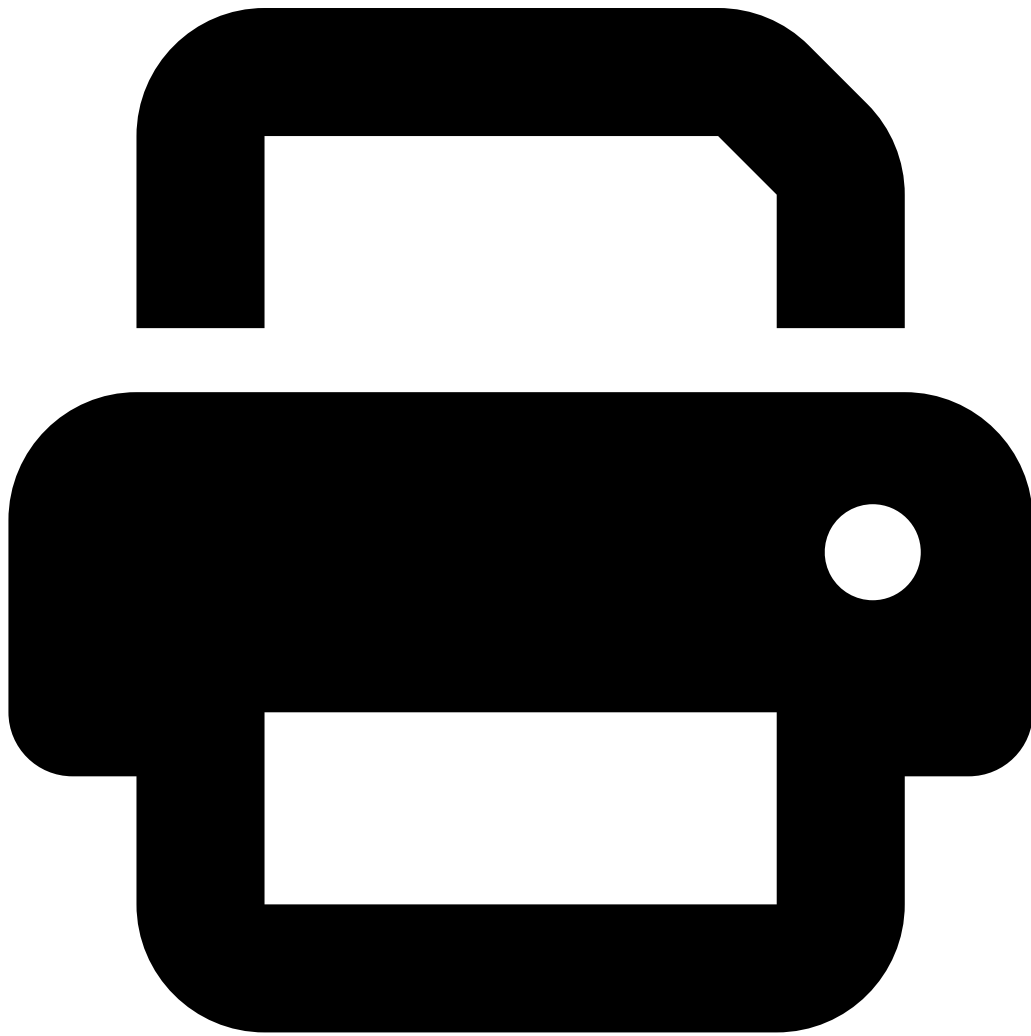
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











You need to add this Tuscan Chicken Penne to your weekly pasta night menu. It's a creamy pan sauce filled with sun dried tomatoes, spinach and mushrooms and goes perfect with the chicken and pasta. This is a delicious base sauce to add any shape pasta to, it doesn't have to be penne, use what you have on hand.

My recipes and the way I cook is to use what I have on hand, or what is on sale and the freshest seasonal ingredients. This meal came about because on a shopping trip I bought whole, skinless, boneless chicken breast, they were on sale.

I like to cut them into different shapes to use in different recipes. For this penne pasta I cut the chicken into strips.

The rest I cut into fillets for grilling or baking, lay it flat in baggies and freeze it.

It's great when all you have to do is take the chicken out of

the freezer and it's pan ready for your recipe, for those busy night , when commitments are long and time is short.

This quick dinner can be on your table in about thirty minutes and has few ingredients so you don't have to go to the store as often, because you forgot something, and leaving with more than you came for, plus a little extra frustration you didn't have to pay for in this crazy times.

Things to know about this creamy chicken penne recipe

In this Tuscan Chicken Penne recipe, I use one of my favorite tricks—pasta water! I do this in about 75% of my recipes because pasta water is pure magic when it comes to finishing sauces.

Before adding the pasta to your pan, ladle in about 1 cup of the starchy, salty cooking water. It not only adds flavor but also helps bind the sauce and pasta together while naturally thickening the sauce.

Don't forget to save the pasta water *before* you drain it—this is one of the easiest steps to overlook! I like to save extra just in case I want to adjust the sauce's consistency.

Need to thicken your pan sauce a bit more? Try this trick: coat a pat or two of butter in flour and drop it into the sauce. Let it simmer for at least 5 minutes to cook out any raw flour taste.

This Tuscan-style sauce is a restaurant-quality base you can customize any way you like. It's full of flavor and guaranteed to be a hit with your family. If you like family friendly pasta meals that come together quick and taste delicious try my tomato piccata shrimp bucatini.

If you make this recipe, I'd love to hear from you—leave a

comment or tag me on Instagram so I can see your delicious creations. That's truly my favorite part!

Creamy Tuscan Chicken Penne Pasta



Tender chicken, spinach, and sun-dried tomatoes are tossed with penne in a creamy Parmesan sauce for a rich, comforting Italian pasta.

- $\frac{1}{2}$ lb penne pasta
- $\frac{1}{2}$ lb skinless boneless chicken breast sliced into strips
- 2 tbsp each olive oil and butter
- 1 tbsp minced garlic
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup white wine
- 4 cup spinach chopped
- 4 oz sun dried tomatoes
- 1 cup parmesan cheese
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 tbsp each chopped Italian parsley, and basil
- Salt and pepper to taste

1. Salt and pepper the chicken

2. Heat oil and butter add the chicken saute on high heat till golden, remove and set aside

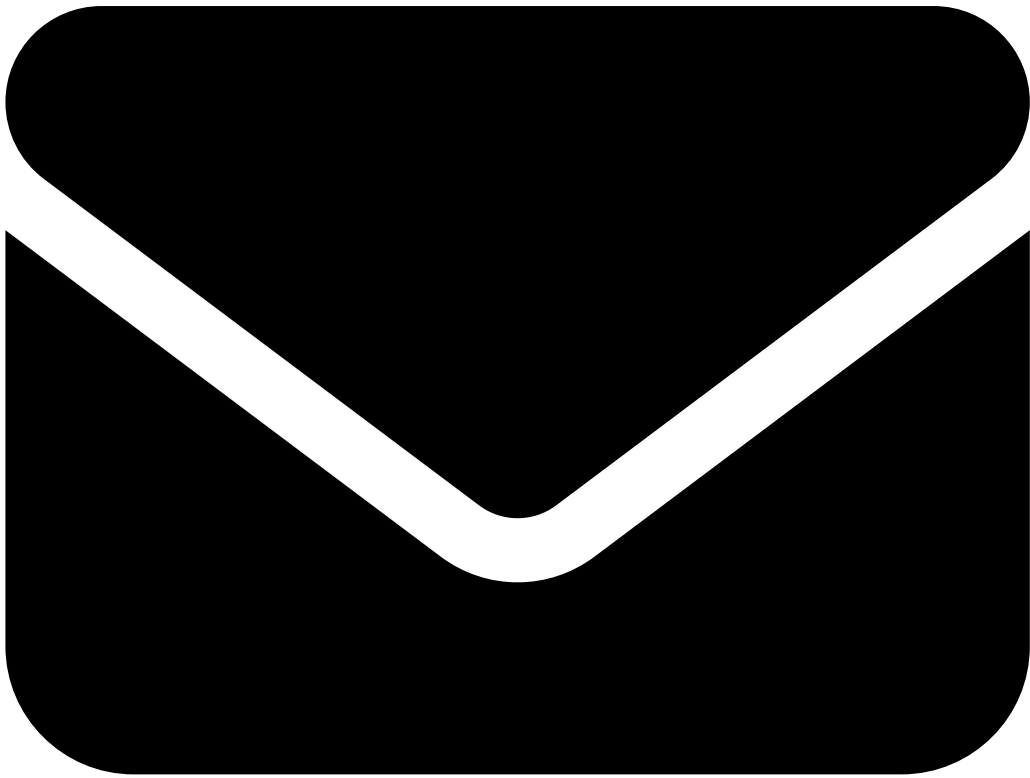
3. In the same pan lower the heat to medium add the onion and garlic saute until soft and translucent
 4. Deglaze the pan with the white wine waiting until fully absorbed before adding the cream, chicken stock, and pasta water
 5. Simmer covered until thickens about 15 minute
 6. Add spinach and sun dried tomatoes simmer 5 minutes longer.
 7. Toss cooked penne in sauce add the parmesan cheese, Italian parsley and basil
 8. Top with additional parmesan
-

Baked Chicken Rigatoni Pasta

Baked Chicken Rigatoni Pasta

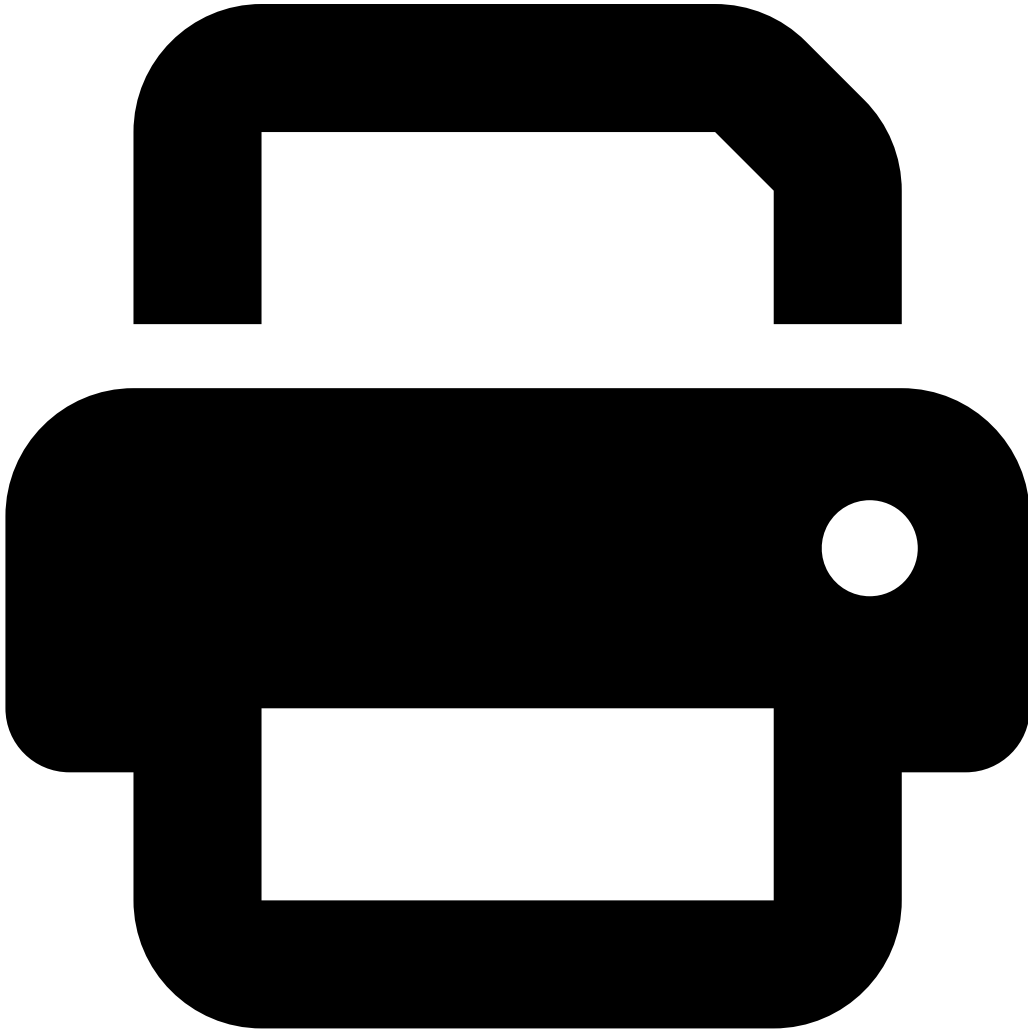
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











This baked chicken rigatoni pasta dinner will let us know what Italians knew all along, that pasta is easy to prepare, versatile and good for you.

By having just a few basics, you can throw together a satisfying dinner ready to serve in less than an hour.

Virtually anything, yesterday's left over chicken, that's what I used, some fresh vegetables, a handful of cheese can be turned into a simple quick pasta dinner.

Pasta is an ideal main course it's high in complex carbohydrates and low in fat, making it a staple in our house two to three times a week.

It's not often you find a meal the whole family will like, when you do you'll want to make it often. And because pasta is so versatile you can serve it two to three a week, without repeating the same dish. What's not to love? Nothing!!!!

Things to know about this baked chicken rigatoni pasta recipe

This chicken baked rigatoni recipe uses pantry and refrigerator staples, that I had on hand. Pasta is so versatile, you can change this recipe up by leaving the mushrooms or the spinach out, or changing the pasta shape, without changing the flavor much.

Talk about different shape pasta, did you know there are more than 500 distinct commercial pasta shapes.

Pastas are now made in a variety of flavors and made with many different flours. The most important thing to remember when selecting, cooking and serving dried pasta is that they are interchangeable.

If you can't find a particular type called for in the recipe, simply use a pasta of similar size and shape.

If you make this recipe please leave me a comment, let me know your experience with the recipe, and don't forget to tag me on Instagram, Hearing from you is my favorite part.

Baked Chicken Rigatoni



Tender chicken, mushrooms, and spinach are baked with rigatoni

in a creamy Swiss and Parmesan cheese sauce until hot, bubbly, and irresistibly comforting.

- $\frac{1}{2}$ lb rigatoni
- 2 skinless, boneless, chicken breasts, cut into thin strips
- $\frac{1}{2}$ lb sliced mushrooms
- 2 cups chopped spinach
- $\frac{1}{4}$ cup flour
- 2 cups low fat milk
- 1 cup diced swiss cheese
- 1 cup parmesan cheese
- pinch of nutmeg
- Salt and pepper to taste

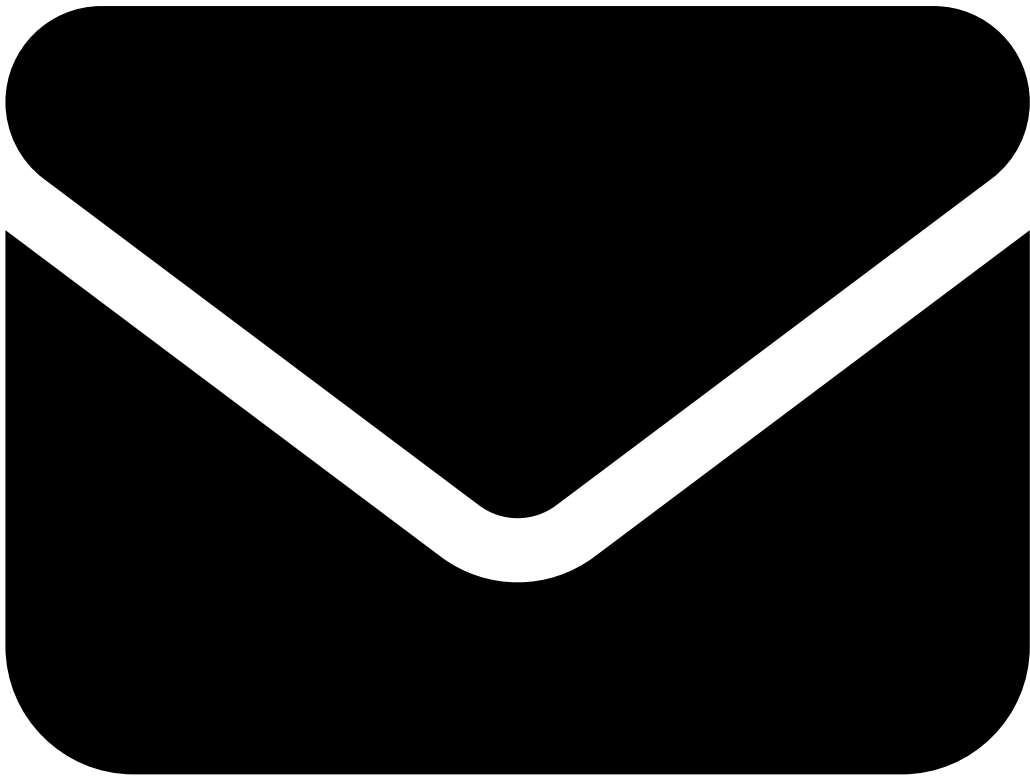
1. Cook pasta el dente reserve 1 cup of pasta water
2. Preheat oven to 350 degrees
3. In a sauce pan in 2 tablespoons of butter and olive oil saute chicken until brown
4. Push chicken to side of pan, add Mushrooms and garlic saute until golden....salt and pepper now.
5. Mix the flour with 1 cup of the milk whisk until smooth
6. Slowly add the flour/milk mixture to simmering pan
7. Add remaining milk, cheeses, spinach, nutmeg and drained pasta and re severed pasta water
8. Transfer to a heat proof casserole dish, sprinkle with additional cheese and Italian Parsley
9. Bake covered for 20 minutes uncover and bake 10 minutes longer

Air Fried Chicken Parmesan

Air Fried Chicken Parmesan

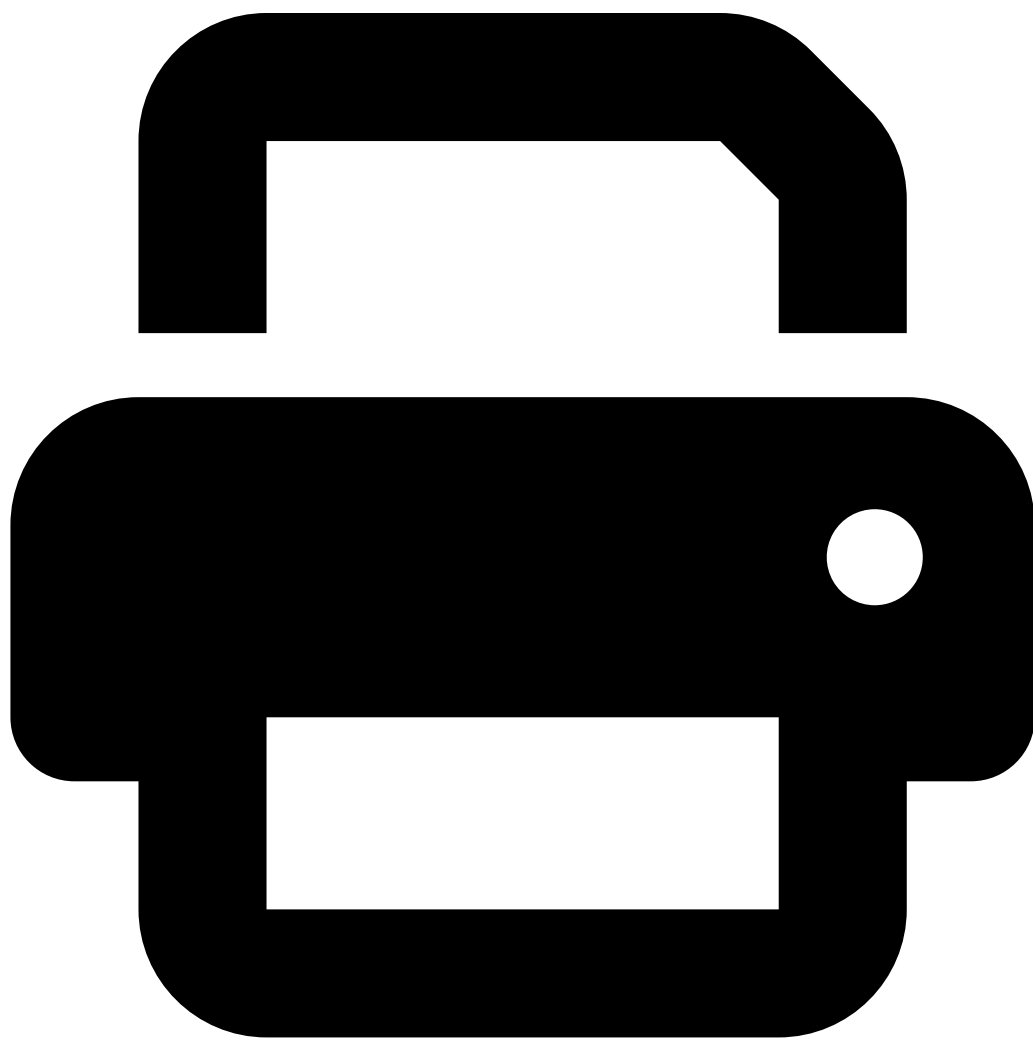
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











This air fryer chicken parmesan dinner can be on your table in 30 minutes, if your using prepared marinara sauce.

What do I mean prepared??? Here is Italian restaurant cooking 101. Marinara sauce is used in many Italian recipes, so when I make it, I make more than I need, and freeze it in different size containers for ready made meals.

If you don't want to make your own marinara you can use store bought. Making your own marinara is so easy you'll want to make it often.

Here's how easy it is: Marinara Sauce recipe.....In a stock pot in 4 tablespoons of olive oil saute one bunch of chopped Italian parsley, with one chopped onion and 4 tablespoons of chopped garlic saute until limp add in 3 15 oz cans chopped tomatoes and 3 15 oz cans of tomato sauce, and 2 cans of water simmer covered for 2 hours, that's it restaurant quality marinara sauce made in your kitchen!

What Is An Air fryer

An air fryer is a counter top kitchen appliance that uses convection to circulate hot air around food to cook it. It produces a fried look and taste without the oil.

Hot air rushes down and around food placed in a fryer style basket. This rapid circulation makes the food crisp, much like deep frying. with a lot less guilt.

Let me tell you I was skeptical, until I tried it this Air fry chicken parmesan recipe. Guess what, this recipe made me a believer in air frying. The chicken was crispy and tender

Here's a few tips:

- Refrigerate the chicken after coating with the bread crumbs it helps the bread crumbs stick to the chicken
- It helps if the chicken is cut in uniform pieces to insure even heating
- Pre heat the air fryer
- Bring chicken to room temperature before frying

You can also make your own Italian flavored bread crumbs. You know that stale bread that's about to turn a different color? Don't toss it, put it your food processor add in 1 cup parmesan cheese to every 3 cups of bread crumbs,

add 1 tablespoon each garlic, onion powder, fresh chopped Italian parsley, thyme and oregano.

There you have it, homemade Italian bread crumbs that you can freeze for ready use. the chicken parmesan can be frozen too, for weeknight family meals or

unexpected company is coming, and I need easy, quick and delicious right now!

If you make this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!

Air Fried Chicken Parmesan



Crispy Parmesan-crusted chicken is topped with melted mozzarella and served over linguine tossed in rich marinara for a comforting Italian favorite that's easy enough for any night of the week.

- $\frac{1}{2}$ lb linguine
- 4 skinless boneless chicken breast
- 2 cups Italian seasoned bread crumbs
- 1 cup grated Parmesan cheese
- 1 egg
- salt and pepper to taste
- 4 cups prepared marinara sauce
- 2 cups shredded mozzarella cheese

1. Turn air fryer to 400 degrees
2. Cook pasta according to package directions reserving 1 cup of the pasta water
3. Mean while salt and pepper chicken
4. Mix the Parmesan cheese with the bread crumbs
5. Dip the chicken breast in the slightly beaten egg then the breadcrumbs
6. Air fry the chicken breast for 10 minutes
7. Add shredded mozzarella on top of the chicken breast

8. Air fry 5 minutes longer or until cheese is melted
9. Heat the prepared marinara if sauce is too thick add reserved pasta water
10. Toss pasta with marinara
11. Top each chicken breast with the marinara and additional parmesan.