

# CAULIFLOWER CHICKEN PARMESAN

Serves 6

## Ingredients

- 2 teaspoons **garlic powder**
- 2 teaspoons **onion powder**
- 2 teaspoons **Italian herb seasoning**
- **Salt and pepper** to taste
- 1 large head of **cauliflower**
- 1-pound boneless, skinless **chicken breast**
- 2 tablespoons **olive oil**
- 1 cup **marinara sauce**, extra for serving
- 3 tablespoons **pesto**
- 1 cup shredded **mozzarella cheese**
- 1/4 cup grated **Parmesan cheese**

## Nutrition Facts\*

1 serving

**Calories:** 300

**Protein:** 26 grams

**Total Carbohydrates:** 14 grams

**Dietary Fiber:** 3 grams

**Total Fat:** 15 grams

*\*Nutrition facts are an estimate and vary based on serving size.*



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## Directions

- 1 Preheat oven to 425°F.
- 2 Line a large baking sheet with parchment paper.
- 3 In a small bowl, combine the garlic powder, onion powder, Italian herb seasoning, and salt and pepper to taste.
- 4 Break or slice the cauliflower head into florets.
- 5 Cut raw chicken breasts into cubes.
- 6 On the baking sheet, toss the cauliflower florets and chicken cubes with olive oil and then sprinkle all the spice mixture over the top. Stir to evenly coat the cauliflower and chicken. Bake for 15 minutes.
- 7 Remove the pan from the oven and spoon the marinara sauce and pesto over the cauliflower and chicken. Then sprinkle the mozzarella and Parmesan cheese over the top. Bake for another 5 minutes (or until the chicken reaches an internal temperature of 165°F) and the cheese is melted.
- 8 Remove the pan from the oven. Plate and serve as is or enjoy over the top of pasta or rice, or inside a lettuce wrap.



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