

Chicken Parmesan

Ingredients

6ozs chicken breast, boneless
and skinless

2 tsp olive oil

½ cup Italian tomato sauce

1 tsp dried basil leaves

2 tbsp grated parmesan cheese

2 tbsp grated mozzarella cheese

Pinch of salt and black pepper

Method

Season the chicken by lightly brushing with olive oil and sprinkling with salt and pepper. Place the chicken breast in the center of the convectionware and pour the tomato sauce over to cover the breast. Sprinkle the tomato sauce with basil leaves and then cover with parmesan and mozzarella cheeses.

Secure the convectionware lid and place in a 450 degree oven for 18 minutes.