

Gluten-Free Chicken Parmesan Casserole (courtesy of Barbara Hierro)

Ingredients

2 large boneless skinless chicken breasts, or 8-10 chicken tenderloins
4 eggs beaten
2 ½ cups favorite marinara sauce
2 cups gluten free pasta
1 cup fresh spinach leaves
1 cup Parmesan cheese, shredded (or dairy free alternative)
1 cup almond flour
1/3 cup gluten-free breadcrumbs
1 tsp. Italian seasoning
1 tsp. garlic powder

Preparation

Preheat oven to 350°. On separate plates or bowls place flour and bread crumbs. Sprinkle half of Italian seasoning and garlic powder on each and mix thoroughly.

Dredge chicken in flour, then dip in eggs and coat with bread crumbs. Place chicken on parchment paper lined baking sheet. Bake in pre-heated oven for 20 minutes until lightly browned.

While chicken is baking bring pot of salted water to boil and cook pasta until al dente (gluten-free pasta usually cooks a few minutes longer.) Drain and rinse in cold water and set aside.

In 8x8 cooking pan, place half the pasta, then lay half the chicken on top, and cover with marinara sauce and half of cheese. Place the rest of pasta over that layer, then spinach leaves and remaining chicken and sauce. Sprinkle with cheese and Parmesan if desired. Bake covered with foil for 20 minutes, remove foil and bake for 10 minutes more until bubbly. Let rest 5 minutes before serving.