

Chicken Parmesan Bake

Ingredients

- Cooking spray
- Frozen Parmesan Breaded Chicken Tenderloins
- 1 jar spaghetti sauce
- 1 small can tomato sauce (optional)
- 8 oz or more shredded Parmesan
- Spaghetti or pasta of your choice
- Olive oil
- 1 clove garlic – finely chopped
- Fresh herbs of your choice, dried herbs or other seasoning blend will work if you don't have fresh herbs
- Frozen rolls
- 1-2 T butter
- About 1/2 -1 cup water
- Dried parsley



1. Following the directions on the pasta bring water to a boil.
2. Preheat oven according to the directions on the chicken package.
3. While the oven is heating prepare pan for the rolls. Put butter in a pan; place in oven to melt. This should take less than 5 minutes. I usually set a timer for 3 minutes, so I won't forget the pan.
4. Next heat skillet for sautéing the vegetables on top of the stove.
5. Spray an oven safe dish with cooking spray. Place chicken in the dish. Cover chicken with spaghetti sauce. If you need more sauce add a small can of tomato sauce, Bake chicken for 10-15 minutes until it is warm on the inside and the sauce is bubbly.
6. Next get the rolls. Add parsley to the pan with the melted butter. Add the rolls one at a time flipping over a couple of times to coat with butter. The kind of rolls I use only needs 5-7 minutes, so I put them in to bake when I top the chicken with cheese.
7. When the oil in the skillet is hot add the garlic and sauté for 2-3 minutes or until garlic starts to turn brown. Add vegetables and sauté for about 5-7 minutes.
8. When the chicken is warm, and bubbly remove from oven and add cheese. Return to oven for another 5-7 minutes or until cheese is melted.
9. Now add the pasta to the boiling water and put the rolls into bake if you haven't already done that.
10. Reduce heat on vegetables and add enough water to cover. Add the fresh herbs or seasoning blend. I usually grab whatever herbs I have growing at the time.