

# Fody's Chicken Parm Slider Bake



Prep Time: 15 minutes



Cook Time: 25 minutes



Makes 6 servings

## Description of Fody's Chicken Parm Slider Bake

Fody's Chicken Parm Slider Bake is a surefire crowd pleaser! A fun twist on a classic, this kid friendly recipe is perfect for an easy weeknight meal or a tasty appetizer any time of the week. Made using Fody's Marinara Sauce and Garlic Infused Olive Oil, these chicken parm sliders are the perfect twist on an Italian classic!

## Fody's Chicken Parm Slider Bake Ingredients:

- 1 lb boneless skinless chicken breast tenders, sliced in thirds widthwise
- 2 large eggs
- 1 cup gluten free breadcrumbs
- $\frac{1}{2}$  cup gluten free flour
- $\frac{1}{2}$  cup parmesan cheese
- 1 tbsp oregano
- 1 tsp black pepper

- 1 tsp salt
- ½ tsp red pepper flakes
- High heat cooking oil for pan frying
- ½ cup Fody's Marinara Sauce
- 2 tbsp Fody's Garlic Infused Olive Oil
- 8 oz shredded mozzarella cheese
- 12 gluten free slider buns or dinner roll
- 1 tbsp sesame seeds (optional)

## Directions for Fody's Chicken Parm Slider Bake

Pre-heat oven to 375F and grease a 13x9 baking dish with pan spray.

First, bread the chicken tenders. Gather 2 medium mixing bowls. Beat eggs in one, add flour, gluten free bread crumbs, parmesan and spices to the other.

Slice chicken tenders in thirds widthwise so they're small enough to fit on each bun.

Dredge chicken tenders in flour, breadcrumb + spice mixture, then dip in the egg, then return to dry mixture. Place breaded chicken tenders on a clean plate and repeat until all tenders are coated.

Heat 1 tbsp of high heat cooking oil in a medium frying pan until shimmering. Add breaded chicken tenders to the pan and cook for 1 minute on each side until golden brown.

Arrange roll bottoms in the baking dish. Layer with mozzarella and Fody's Marinara sauce, then place chicken tenders on top. Layer with additional sauce and mozzarella and finally add the bun tops.

Brush bun tops with Fody's Garlic Infused Olive Oil and sprinkle your chicken parm sliders with sesame seeds if desired.

Bake for 25 minutes uncovered until golden brown and the internal temp of chicken reaches 165F. *\*If you do not have a kitchen thermometer, make sure there is no pink in the chicken.*

# About the Chef



## Kimberly Cauti

Kimberly, the creator behind Pretty Delicious Life, began developing Low FODMAP friendly recipes in late 2017 after being diagnosed with SIBO/IBS. In order to work towards healing, she adopted a gluten free, low FODMAP diet and quickly realized she had a knack and passion for developing gut friendly recipes. She made it her mission to not only develop delicious meals + treats, but to create recipes that felt exciting for everyone. She believes that while healing can feel isolating, food is a vehicle to bring us together which is why all of her recipes are designed with the whole family in mind.

At Pretty Delicious Life, you will find delicious, healthy, gut-friendly recipes anyone will enjoy! You can follow along with her Instagram [@prettydeliciouslife](https://www.instagram.com/prettydeliciouslife) or check out her website [www.prettydeliciouslife.com](http://www.prettydeliciouslife.com) for more deliciousness!