

# CrispLid Chicken Parmesan



**Marrekus and Krysten  
Wilkes**  
Website

★★★★★ (3  
'Reviews)



Everyone's favorite Italian dish, Chicken Parmesan, is super easy to prepare with the CrispLid, which also makes it a very quick and easy meal. Using only 1 tablespoon butter for the entire recipe, this Chicken Parmesan has the flavor and texture of the deep-fried version without all the deep frying. Serve it over pasta and alongside a glass of red wine and your evening is complete.

**Ready in:** 22min **Prep time:** 10min

**Cook time:** 12min

## Ingredients

cooking spray

$\frac{3}{4}$  cup Italian-style bread  
crumbs

3 tablespoons grated  
Parmesan cheese

3 tablespoons butter, melted  
salt and ground black pepper  
to taste

6 boneless, skinless chicken  
thighs

$\frac{3}{4}$  cup prepared marinara  
sauce

$\frac{3}{4}$  cup mozzarella cheese

## Appliances

For best results, we recommend  
using:

## Directions

1. Spray CrispLid basket with cooking spray.
2. Mix bread crumbs and Parmesan cheese together in a shallow bowl. Pour melted butter into a separate shallow bowl.
3. Brush chicken thighs with butter and season with salt and black pepper. Dip each thigh into the breadcrumb mixture, pressing down until chicken is well coated on each side.
4. Place chicken thighs in the CrispLid basket, and lightly mist chicken with cooking oil spray.
5. Place CrispLid trivet into the inner steel pot of pressure cooker and place basket with chicken onto trivet.
6. Set Crisplid onto inner steel pot and plug in. Set CrispLid to 350°F (180°C) and cook chicken for 7 minutes.
7. Flip chicken and top each with 2 tablespoons marinara sauce and 2 tablespoons shredded mozzarella cheese.
8. Continue cooking chicken until no longer pink in the center and a thermometer inserted near the center reads at least 165°F (75°C), 5 to 7 minutes more. Lift the lid using the handle and set it on the silicone trivet.



**Mealthy Multipot**



**Mealthy CrispLid**

### **Mealthy Tip**



Make this a gluten-free meal by using gluten-free bread crumbs. Serve with gluten-free pasta for a full meal!

### **Nutrition Facts**



Per Serving: 335 calories; 17g fat; 13.1g carbohydrates; 33g protein; 159mg cholesterol; 681mg sodium.

**Full nutrition**