

Crispy Baked Quinoa Crusted Parmesan Chicken

Yields: 4

4 boneless, skinless chicken breasts
salt and pepper to taste

1/4 cup gluten-free flour or almond flour

1 egg, lightly beaten

1 1/2 cups cooked quinoa (~1/2 cup dry cooked with 1 cup liquid)

1 tsp clean Italian seasoning blend (no MSG, sugar, etc)

1 cup "ricotta" cheese **(see recipe below) or Daiya Cheddar Cheese

1/4 cup cashew "parmesan" cheese **(see recipe below)

2 cups spaghetti sauce (keep organic)

2 TBS fresh basil, torn

Season the chicken with salt and pepper, dredge in flour, dip in egg and coat in the mixture of the quinoa and Italian seasoning. Place the chicken on a rack on a baking pan and bake in a preheated 400F oven until cooked and lightly golden brown, about 25-30 minutes. Transfer the chicken to a baking dish, top with the cheese and broil until it has melted, about 2-4 minutes. Plate the chicken and top with hot spaghetti sauce and fresh torn basil and enjoy!

**Parmesan Cheese

1/2 C cashews

1/4 - 1/2 tsp sea salt

1 clove garlic, minced

Place cashews in blender or food processor and pulse until well blended. Transfer to bowl. Stir in sea salt and garlic.

**Ricotta Cheese

2 C coconut milk (Coconut Milk Creamer OR any milk alternative would also work here. Pick carefully, your ricotta will have the same taste as your milk)

1/2 tsp lemon juice

1 tsp Extra Virgin Olive Oil or Grape-seed Oil

Pinch of salt

2 TBS Agar Flakes (or ABOUT 1 1/2 tsp agar powder)

Add all ingredients to a medium-size sauce pan. Very slowly bring mixture to a boil, stirring occasionally. Reduce heat to low and allow to simmer 5 minutes or until agar is dissolved. Stir occasionally. Remove from heat and cool 10 minutes. Then, transfer to a sealed container and place in fridge until set, a few hours.

Transfer mixture to a food processor and pulse until you get the desired consistency. That's it. You have ricotta cheese!