
Chicken Parmesan Pasta Casserole

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Servings: 5

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

8 ounces rotini pasta
2 cups vegetable oil (for frying)
1/2 cup flour
2 eggs, lightly beaten
3/4 cup Italian-seasoned bread crumbs
1 tablespoon garlic powder
8 ounces boneless/ skinless chicken breasts, cut into bite-size pieces
1 jar (24 ounce) marinara sauce
1 can (8 ounce) tomato sauce
2 cups (8 ounce) shredded mozzarella cheese
1/2 cup (2 ounce) grated Parmesan cheese
2 tablespoons dry red wine (optional)

Cook the pasta according to package directions. Drain.

Heat the oil in a deep-fat fryer or large saucepan to 375 degrees. Preheat the oven to 350 degrees.

Place the flour, eggs and bread crumbs in each of three separate shallow dishes. Stir the garlic powder into the bread crumbs.

Working in batches, coat the chicken pieces in flour, then dip in the egg, then the bread crumb mixture, turning to coat.

Working in batches, fry the coated chicken pieces until golden brown, about 2 minutes. Transfer to paper towels to drain.

In a large bowl, stir together the cooked pasta, the marinara sauce, tomato sauce, half the mozzarella cheese, half the Parmesan cheese and the red wine (if using). Gently fold the chicken into the pasta mixture. Coat an 8-by-8-inch baking dish with cooking spray. Spread the pasta mixture into the dish. Top with the remaining mozzarella and Parmesan cheeses.

Bake until hot and bubbly, 35 to 40 minutes. Let stand for 5 minutes before serving.

Chicken

Per Serving (excluding unknown items): 271 Calories; 15g Fat (48.3% calories from fat); 15g Protein; 20g Carbohydrate; 2g Dietary Fiber; 126mg Cholesterol; 729mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 Fat.