

A RECIPE FROM TOM WALSH

“Lazy” Chicken Parmesan Sandwiches

Serves 2

Ingredients:

2 English muffins (I recommend Whole Foods brand)

Marinara of choice

2 Boneless Skinless Chicken Thighs

Seasonings: Salt, garlic, onion, paprika, ground rosemary, oregano

Fresh grated mozzarella

Fresh grated parmigiano reggiano

Instructions:

Lightly coat each side of chicken thighs with salt, garlic, onion, paprika, ground rosemary and oregano. Add to air fryer* at 375 degrees for 12 minutes, flip halfway. *If you don't have an air fryer, you can also broil in the oven at the same temp, and if your broiler only sets to high/low, then bake at the same temp.*

Split English muffins, place on a baking sheet, and spoon marinara sauce on each half until covered. Broil (or bake) at 450 for 8 minutes.

Once chicken thighs are done cooking, cover both pieces with fresh grated mozzarella, and top with some fresh grated parmesan. Add to the oven and broil at 450 until cheese is melted and lightly browning on the edges (~3 minutes).

Remove from oven and assemble sandwiches. Enjoy!

<https://www.instagram.com/p/CQRQ8xXJFgQ/>

Each sandwich contains 42g Protein and only 13g Fat

Tom Walsh is the Owner & Founder of Savor. drinksavor.co You can also find Tom and more of his recipes on Instagram. [instagram.com/stealth_health_life](https://www.instagram.com/stealth_health_life)

From Tom:

“I grew up in a family with two incredible cooks as parents – many of my best memories from childhood were at the dinner table with my family, sharing delicious meals together. It shaped me in to who I am today and sharing experiences around food was (and is) a significant part of my identity.

When my competitive sports career ended years ago, I turned to weightlifting/bodybuilding as an outlet for my need to be physically active. I started looking at food as an object purely for fuel, not joy. Diet culture taught me that good tasting food = “bad for you”, and I felt it was necessary to let go of that part of my life to reach my goals. It wasn't long before I began to feel like I was sacrificing too much – but I also recognized I wasn't willing to give up either my love for food or my passion for fitness.

I began combining my knowledge of the basic principles of nutrition with my love for food and cooking, and after tons of trial and error – I was able to learn techniques to combine the best of both worlds. I found that it was actually very possible to significantly improve the “health” / “nutrition” of foods without really sacrificing on taste, it just took a few ingredient swaps here and there.

Food became something that brought me joy, every single day, again. I was able to enjoy every meal and develop my passion for cooking while still progressing towards my fitness goals.

It turns out that countless other people face the same struggles that I dealt with years ago – I've personally come across thousands of people in this position.

Diet culture tells us that there are two options when it comes to food:

– Great tasting, indulgent food that is “bad” for you

– “Healthy” food that is low calorie and good for dieting, but is boring and doesn't taste good

That's why when people learn that it is possible to have the best of both worlds – it feels like you discovered something truly magic.

My goal is to communicate this through the recipes I share. The recipe I shared here today is one of my first recipes that found traction throughout social media – and I've had countless people share that it has become a staple in their diet. The beauty of it is it combines everything I value when it comes to a recipe: it takes less than 20 minutes to make, is absolutely delicious, and is high in protein, while being much lower in calories than your typical chicken parmesan recipe. It's something you could have every day if you wanted to. Good food is for everybody. I hope you enjoy this recipe as much as I and many others have so far!”

This recipe was found on the Sacred Stories website: <https://sacredstoriesfilms.com/chicken-parmesan-sandwiches> Sacred Stories creates quality video projects that help document & preserve personal and family stories. sacredstoriesfilms.com