Grilled Chicken Parmesan

Grilled chicken Parmesan uses unbreaded chicken topped with marinara and mozzarella near the end. Use a cooler grill zone if the outside browns before the center is safe.



Prep	Cook	Additional	Total	Servings
15 min	18 min	5 min	38 min	4

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts / 680 g, in 4 portions
- 1 tablespoon olive oil / 15 ml
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 cup marinara sauce / 240 ml
- 3/4 cup shredded mozzarella / 85 g
- 1/3 cup finely grated vegetarian hard cheese / 30 g

Instructions

1. Prepare a clean grill with medium and cooler zones according to manufacturer instructions.

2. Flatten breast portions to 3/4 inch. Rub with oil, salt, pepper, garlic powder and oregano.

3. Grill about 5 to 6 minutes per side, moving to the cooler zone if browning too fast.

4. When chicken is nearly cooked, spoon marinara and cheeses on top. Close the lid briefly to melt cheese and continue until each portion reaches 165°F (74°C).

5. Transfer with clean utensils and rest 5 minutes before serving.

Time, Temperature & Doneness

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large pieces for diced chicken or wings. Reheated chicken mixtures and casseroles must reach 165°F (74°C) in the center. Color and stated times are not reliable safety substitutes.

Ingredient Notes & Substitutions

Breading: None in this grilled version.

Zones: Cooler heat helps finish thick centers.

Sauce: Add late.

Tips for Success

Clean grates.

Use clean transfer utensils.

Check centers before serving.

Common Mistakes to Avoid

Adding cheese at the start.

Leaving chicken over intense flames.

Using marinade utensils for cooked meat.

Recipe Variations

Indoor: Use an oven-safe grill pan and oven finish.

Cheese: Use provolone instead of mozzarella.

Serving Suggestions

Serve unbreaded grilled cutlets with their sauce and cheese, plus a separately prepared salad.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. When starting with cooked chicken or rice, use the oldest ingredient’s original storage deadline; reheating does not restart it.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer but texture declines.

Reheating

Reheat covered with a splash of water or broth until the center reaches 165°F (74°C). Stir mixtures and check more than one spot. Avoid heating lean meat longer than necessary.

Frequently Asked Questions

Is it crispy breaded Parmesan?
No; it is an unbreaded grilled variation.

What if cheese melts early?
Continue gentle cooking until meat reaches 165°F (74°C).

Can I use thin cutlets?
Yes, with much shorter timing.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - baked cutlet and cheese-topping reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill