

Herbed Chicken Parmesan

1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese
1/4 cup panko bread crumbs
1 1/2 T Italian seasonings
Pinch of sea salt
1 large egg white, lightly beaten
1-pound boneless skinless chicken breasts pounded even
Olive oil flavored non-stick Cooking spray
1 1/2 cups Light tomato sauce
1/3 cup (1 1/2 ounces) shredded provolone cheese
2 cups whole-wheat pasta



Preheat oven to 375

1. Combine parmesan cheese, panko crumbs, Italian seasonings and sea salt in a bowl large enough to accommodate a piece of chicken
2. Beat egg white in a separate bowl
3. Dredge chicken pieces one by one in egg mixture and then bread crumb mixture
4. Once all of the chicken pieces have been prepared, spray them with olive oil non-stick cooking spray
5. Cook in the oven for approx. 5 minutes and then flip chicken and lightly spray again with olive oil cooking spray; cook for another 5 minutes or until chicken is done
6. Meanwhile heat up tomato sauce
7. Once chicken is done, spoon 2 T. of sauce on each piece of chicken and sprinkle a small amount of provolone on each piece
8. Cook until cheese is melted
9. serve with 1/2 cup whole wheat pasta

Yield: 4 servings

NUTRITION PER SERVING

CALORIES 308(30% from fat); FAT 10.4g (sat 5.7g,mono 3g,poly 0.6g); PROTEIN 35.9g;
CHOLESTEROL 88mg; CALCIUM 249mg; SODIUM 808mg; FIBER 1.8g; IRON 2.3mg;
CARBOHYDRATE 16.2g