



## Chicken Parmesan

### Ingredients

6 skinless, boneless chicken breast halves

½ cup fine, dry Italian-style breadcrumbs

2 egg whites, slightly beaten

1 (8-ounce) can herbed tomato sauce

2 Tablespoons Parmesan cheese, divided

3 ounces mozzarella cheese(part skim), shredded

vegetable oil spray

Makes 6 servings

### Instructions

1. Trim visible fat from breast halves. Place a chicken breast half between two sheets of heavy duty plastic wrap; flatten by pounding to ¼ inch thickness with a meat mallet. Repeat step with remaining breast halves.
2. Dip flattened chicken breasts in slightly beaten egg whites; coat with breadcrumbs.
3. Prepare a large non stick skillet with vegetable oil spray; place over medium heat until hot. Add chicken and cook until slightly browned.
4. Place chicken in a 9x12 inch baking dish. Pour tomato sauce over chicken. Sprinkle with 1 Tablespoon parmesan cheese.
5. Bake at 350° F for 25 minutes. Remove and top chicken with mozzarella cheese. Sprinkle with remaining 1 Tablespoon parmesan cheese. Bake an additional 5 minutes or until cheese melts.

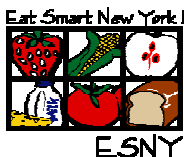
### Nutrition Facts

Serving Size 6	
Servings Per Container 1/2 breast	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 21g	
Vitamin A 8%	• Vitamin C 8%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

28% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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