

LiveBetter with MedWatch

Chicken Parmesan

Ingredients

- 4 (4 ounces each) chicken breast halves, skinned and boned
- ½ cup seasoned breadcrumbs
- ¼ cup grated Parmesan cheese
- ½ tsp. dried Italian seasoning
- 1/8 tsp. black pepper
- 1/3 cup all-purpose flour
- 2 large egg whites, lightly beaten
- 2 tsp. olive oil
- 4 cups (8 ounces uncooked) spaghetti, cooked and hot
- 3 cups Ultimate Quick-and-Easy Pasta Sauce
- 1 cup shredded part-skim mozzarella cheese
- basil sprigs (optional)

Preparation

1. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to ¼-inch thickness using a meat mallet or rolling pin.
2. Combine breadcrumbs, Parmesan cheese, Italian seasoning and pepper in a shallow dish.
3. Coat 1 chicken breast half in flour. Dip in egg whites; coat in breadcrumb mixture. Repeat procedure with remaining chicken, four egg whites and breadcrumbs mixture.
4. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side or until done.
5. Place 1 cup spaghetti in each of 4 gratin dishes. Spoon ½ cup Ultimate Quick-and-Easy Pasta Sauce over each serving. Top each with 1 chicken breast half. Spoon ¼ cup sauce over each serving. Sprinkle each with ¼ cup mozzarella cheese.
6. Preheat broiler. Place gratin dishes on a baking sheet; broil 3 minutes or until cheese melts. Garnish with basil sprigs, if desired.

Makes 4 servings. Serving size: 1 chicken breast.



Nutrition Analysis

Per serving: 614 calories, 49 g protein, 13 g fat (5 g saturated), 75 g carbohydrate, 937 mg sodium, 86 mg cholesterol, 5 g fiber



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