Dinner Tonight!
Chicken Parmesan

1/2 cup whole wheat bread crumbs
2 teaspoons Italian seasoning, low sodium variety
1/3 cup flour
2 eggs, lightly beaten
4 boneless skinless chicken breasts, thinly sliced
2 Tablespoons olive oil
3/4 cup reduced fat mozzarella cheese
1 cup marinara sauce
2 Tablespoons water

Heat oven to 350˚ F. Place flour and Italian seasonings in a shallow dish. Place bread crumbs and eggs each in a separate shallow dish. Coat chicken in the flour mixture, then in the egg mixture, and finally the bread crumbs. Place on a plate when done coating the chicken.

In a large non-stick skillet, heat 2 Tablespoons of olive oil over medium-high heat. Sauté chicken 2 to 3 minutes per side, until browned. In the bottom of a baking dish, mix 1/4 cup marinara sauce with 2 Tablespoons of water. Place chicken in dish and top each with 3 Tablespoons of marinara sauce and 3 Tablespoons cheese. Bake at 350˚ F, covered, for 15 minutes.

Preparation Time: 15 minutes
Cook Time: 15 minutes
Serves: 4
Cost per serving: $2.25

Nutrition facts per serving
Calories: 453
Fat: 18 g
Protein: 38 g
Carbohydrate: 34 g
Fiber: 6 g
Sodium: 787 mg
Cholesterol: 156 mg

Serve with: Green beans