

Slow-Cooker Chicken Parmesan



Servings: 4

*1/2 cup Italian bread crumbs
1/2 cup parmesan cheese, shredded
1/2 teaspoon Italian seasoning
1/2 teaspoon black pepper
1/4 teaspoon salt
1 large egg, lightly beaten
1 tablespoon water
4 boneless skinless chicken breast
24 ounces marinara sauce
2 ounces mozzarella cheese*

In a shallow bowl combine bread crumbs, parmesan cheese, Italian seasoning, black pepper, and salt.

In a separate bowl combine egg and water.

Dip the chicken breasts into the egg mixture. Then dip the chicken breasts in the bread crumb mixture making sure to fully coat both sides of the chicken breasts.

Transfer the chicken to a 5-quart slow-cooker.

Pour marinara sauce over top of the chicken.

Cover and cook for 6 hours on LOW or 3 hours on HIGH.

Top the chicken with mozzarella cheese recover and cook for 10-15 minutes or until the cheese is melted.

Serve over pasta or on its own.

Enjoy!

Per Serving (excluding unknown items): 588 Calories; 22g Fat (34.3% calories from fat); 79g Protein; 14g Carbohydrate; 3g Dietary Fiber; 280mg Cholesterol; 1445mg Sodium; 8g Total Sugars; trace Vitamin D; 488mg Calcium; 3mg Iron; 1512mg Potassium; 918mg Phosphorus. Exchanges: .