

Baked Chicken Parmesan



Servings: 4

2 boneless skinless chicken breast

2 large eggs

3/4 cup panko bread crumbs

1/4 cup parmesan cheese, grated

1 tablespoon Italian seasoning

1/4 teaspoon garlic powder

1/4 teaspoon black pepper

4 ounces mozzarella cheese, sliced

1/2 cup tomato sauce

Cut each chicken breast in half lengthwise so you have 4 total pieces. Pound your chicken out to 1/2-inch thickness. Set aside.

In a wide shallow bowl whisk together 2 eggs. In a separate shallow bowl combine panko bread crumbs, parmesan cheese, Italian seasoning, garlic powder, and black pepper.

Working with one piece of chicken at a time, dip each piece of chicken in the egg shaking off any excess. Then dip the chicken into the panko bread crumb mixture gently patting so the panko sticks to all sides.

Place on a baking sheet sprayed with non-stick cooking spray. Lightly coat the top of the chicken with non-stick cooking spray.

Bake in a 350°F oven for 30 minutes or until the chicken reaches an internal temperature of 165°F.

Remove from the oven and spoon 2 tablespoons of tomato sauce over each piece of chicken. Top with a slice of mozzarella cheese. Return to the oven to bake until the cheese is melted 3-5 minutes.

Sprinkle with basil.

Serve over top of pasta or on its own.

Per Serving (excluding unknown items): 350 Calories; 16g Fat (42.4% calories from fat); 46g Protein; 3g Carbohydrate; 1g Dietary Fiber; 225mg Cholesterol; 412mg Sodium; 1g Total Sugars; 1mcg Vitamin D; 344mg Calcium; 2mg Iron; 619mg Potassium; 551mg Phosphorus. Exchanges: .