



Chicken Parmesan

Info:

Makes 4 Servings 365 Calories per Serving

LOW CAL

Ingredients:



- ❖ 4 oz Pasta
- ❖ 28oz Can Crushed Tomatoes
- ❖ ¼ tsp Garlic Powder
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ ½ tsp Parsley
- ❖ 1 tsp Salt
- ❖ Dash of Black Pepper
- ❖ 1lb Chicken Breast
- ❖ ¼ Cup Egg Beaters
- ❖ ½ Cup Breadcrumbs
- ❖ 1 tsp Italian Seasoning
- ❖ ¼ Cup Grated/Shredded Parmesan
- ❖ Cooking Spray

Preparation:



1. Start cooking pasta according to package directions
2. In a pot mix the crushed tomatoes, garlic powder, basil, oregano, parsley, salt and pepper, cover and heat on med-low
3. Slice chicken breast into 4 flat pieces, ¼" thick
4. Heat a frying pan to medium, add cooking spray
5. Pour the egg beaters onto a plate, mix the breadcrumbs and Italian seasoning on a separate plate
6. Dip chicken in egg then in breadcrumb mixture covering both sides lightly and fry in pan about 4-5 minutes each side
7. Plate the chicken next to or on top of pasta, pour sauce over everything and top with parmesan cheese
8. Serve hot and enjoy!