

# Baked Chicken Parmesan



## Servings: 4

*4 chicken breasts, about 8 oz each, sliced in half lengthwise to make 8  
3/4 cup seasoned breadcrumbs, I used whole wheat, you can also use GF crumbs*

*1/4 cup grated Parmesan cheese*

*2 tbsp butter, melted (or olive oil)*

*3/4 cup reduced fat mozzarella cheese, I used Polly-o*

*1 cup marinara or Filetto di Pomodoro*

*cooking spray*

Preheat oven to 450°F. Spray a large baking sheet lightly with spray.

Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.

Lightly spray a little more oil on top and bake in the oven for 25 minutes.

Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.

Bake 5 more minutes or until cheese is melted.

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Per Serving (excluding unknown items): 570 Calories; 34g Fat (54.9% calories from fat); 62g Protein; 1g Carbohydrate; 0g Dietary Fiber; 205mg Cholesterol; 318mg Sodium; trace Total Sugars; 1mcg Vitamin D; 76mg Calcium; 2mg Iron; 649mg Potassium; 538mg Phosphorus. Exchanges: .