

BAKED CHICKEN PARMIGIANA



Preparation Time: 15 minutes

Cook Time: 30 minutes

Cut: Boneless chicken

Ingredients

2 Tbsp (30 ml) vegetable oil

4 chicken breasts, skinless boneless

1 egg

1/2 cup (125 ml) panko

1/2 cup (125 ml) breadcrumbs

1/3 cup (60 ml) Parmesan cheese, grated

1Tbsp (15 ml) dried oregano

1 Tbsp (15 ml) dried basil

1 tsp (5 ml) granulated garlic powder

½ tsp (2.5 ml) black pepper

1 cup (250 ml) prepared tomato pasta sauce

1 cup (250 ml) mozzarella cheese, grated (divided into 4 portions)

2 Tbsp (30 ml) fresh parsley, minced

Preparation

Preheat oven to 400F. Line a baking sheet with foil and brush with oil.

Place chicken breasts in a single layer between two pieces of plastic wrap on a plastic cutting board.

Use a meat mallet or a rolling pin to pound chicken breasts to thickness of about 1 cm thick.

Pat chicken breasts dry with paper towel. In a shallow dish mix panko, breadcrumbs, parmesan cheese, oregano, basil, garlic powder and pepper.

In a separate shallow dish whisk egg. Dip each chicken breast into egg then into the crumb mixture. Ensure breast is fully coated and crumbs stick to it. Place coated chicken on the prepared baking sheet.

Bake chicken for 30 minutes, or until meat thermometer reads 165F (74C).

Remove from oven and flip chicken pieces over, spoon $\frac{1}{4}$ cup of tomato pasta sauce over each piece, then top with $\frac{1}{4}$ cup of cheese. Broil for 1-2 minutes, just until the cheese is bubbly and the edges of the chicken breasts are golden brown.

Garnish with fresh minced parsley.

Nutrition Facts			
Serving Size 1 Chicken Breast			
Serves 4			
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Amount Per Serving			
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Calories	686		
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			% Daily Value*
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Total Fat 36.7g			47%
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Cholesterol 232.4mg			77%
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Sodium 867.2mg			38%
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Total Carbohydrate 14.7g			5%
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Sugars 4.3g			
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Protein 71.4g			143%
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Vitamin A	19%	Vitamin C	4%