



CHICKEN PARMESAN

Yield: 4 Servings | Serving Size: 1 chicken breast and 1/3 cup sauce

Cost/serving: \$3.00

Ingredients:

- 1/2 cup Parmesan cheese
- 1/2 cup whole wheat cracker or breadcrumbs
- 1 Tablespoon Italian seasoning
- 1 1/2 cups low sodium spaghetti sauce (1/2 jar)
- 1 egg
- 4 boneless chicken breasts
- Parsley (optional)

Directions:

- 1) Preheat oven to 350° F. Mix cheese, cracker crumbs (or breadcrumbs), and 2 teaspoons Italian seasoning together.
- 2) Mix sauce with 1 teaspoon Italian seasoning. Spread sauce in the bottom of a 9" x 13" baking pan.
- 3) Beat egg. Dip chicken in egg, then in cheese mixture. Place coated chicken on top of sauce in pan.
- 4) Bake at 350°F for 30-35 minutes or until internal temperature of chicken breasts (measured with a meat thermometer) reaches 165°F. Serve over whole wheat noodles or spinach. Garnish with parsley if desired.

Nutrition Facts

4 servings per container
Serving size 1 chicken breast + 1/3 cup sauce (249g)

Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 480mg	21%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 713mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

