

Jenny's Chicken Parmesan

My version of Chicken Parmesan is low in fat and really good for you as long as you don't fry it. Mine is baked. Chicken is a great source of protein for healthy skin, hair, and nails. This recipe takes 40 minutes from start to finish and my favorite way to serve it is with a side of spaghetti sprinkled with extra Parmesan.

2 boneless chicken breasts
1/3 cup flour
1/4 teaspoon salt
pepper to taste
1 beaten egg white
1/2 cup plain bread crumbs
1/2 teaspoon Italian seasoning
2 tablespoons chopped fresh parsley
1 tablespoon grated Parmesan cheese
1/2 cup marinara sauce (more if having spaghetti)
1/4 cup shredded mozzarella cheese

1. Preheat oven to 400°. Lightly grease a baking sheet with olive oil.
2. Place chicken breasts between two sheets of plastic wrap and pound with a mallet to 1/2 inch thickness.
3. Lay down a long sheet of wax paper to work on. At one end combine flour with salt & pepper. At the other end combine the crumbs with Italian seasoning, parsley and Parmesan. In a shallow bowl lightly beat the egg white.
4. Dip each piece of chicken into flour mixture, then egg white, then crumb mixture. Place on baking sheet.
5. Bake 20 - 25 minutes until lightly golden.
6. Remove from oven, top each chicken breast with 1/4 cup marinara sauce and 2 tablespoons of shredded mozzarella cheese and return to oven. Bake for 3 more minutes or until cheese is melted.
7. Serve with pasta and more marinara sauce.