

# Chicken Breasts Parmesan (Microwave)

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

## **Servings: 4**

*1 can (8 ounce) tomato sauce*  
*1 teaspoon Italian seasoning*  
*1/4 teaspoon garlic salt*  
*1/3 cup cornflake crumbs*  
*1/4 cup grated Parmesan cheese*  
*1 teaspoon dried parsley flakes*  
*2 large (1-1/2 to 2 pounds) boneless/ skinless chicken breasts, split and skin removed*  
*1 egg, beaten*  
*1/2 cup shredded 2% mozzarella cheese*  
*grated Parmesan cheese (for sprinkling)*

In a two cup measure, mix the tomato sauce, Italian seasoning and garlic salt. Cover with waxed paper. Microwave on HIGH (100%) for 2 minutes. Stir. Reduce the power to MEDIUM (50%). Microwave for 5 minutes, stirring once. Set the sauce aside.

In a shallow bowl, mix the cornflake crumbs, 1/4 cup of Parmesan cheese and the parsley flakes. Place the beaten egg in a second shallow bowl.

Dip the chicken breasts in the beaten egg and then in the crumb mixture. Place the breasts in a 12x8-inch or 10-inch square casserole. Cover with waxed paper. Microwave at MEDIUM-HIGH (100%) until the chicken is tender, 9 to 14 minutes, rearranging the chicken pieces after one-half the cooking time (do not turn over).

Pour the sauce over the chicken. Sprinkle mozzarella over the chicken breasts. Sprinkle with Parmesan cheese. Microwave at MEDIUM-HIGH (70%) until the mozzarella melts and the sauce is hot, 2 to 5-1/2 minutes.

**Per** Serving (excluding unknown items): 87 Calories; 3g Fat (28.9% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 687mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.