

# Sheet Pan Chicken Parmesan

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## Servings: 4

1 large egg  
1/2 cup panko breadcrumbs  
1/2 cup grated Parmesan cheese  
1/2 teaspoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
4 (six ounce ea) boneless/ skinless chicken breast halves  
olive oil-flavored cooking spray  
4 cups (10 ounce) fresh or frozen broccoli florets  
1 cup marinara sauce  
1 cup shredded mozzarella cheese  
1/4 cup minced fresh basil (optional)

## Preparation Time: 15 minutes

## Bake Time: 20 minutes

Preheat the oven to 400 degrees.

Lightly coat a 15x10x1-inch baking pan with cooking spray.

In a bowl, whisk the egg. In a separate shallow bowl, stir together the breadcrumbs, Parmesan, salt, pepper and garlic powder. Dip the chicken breast in the egg and allow the excess to drip off. Then dip the chicken in the crumb mixture, patting to help the coating adhere. Repeat with the remaining chicken breasts. Place the chicken breasts in the center third of the baking sheet. Spritz with cooking spray.

Bake for 10 minutes. Remove from the oven. Spread the broccoli in a single layer along both sides of the sheet pan (If the broccoli is frozen, break the pieces apart).

Return the pan to the oven. Bake for another 10 minutes. Remove from the oven.

Preheat the broiler. Spread marinara sauce over the chicken. Top with shredded cheese. Broil the chicken and broccoli three to four inches from the heat until the cheese is golden brown and the vegetables are tender, 3 to 5 minutes.

If desired, sprinkle with basil.

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Per Serving (excluding unknown items): 194 Calories; 13g Fat (58.5% calories from fat); 13g Protein; 7g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 846mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fat.