
Chicken Parmesan V

The Essential Southern Living Cookbook

Servings: 2

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

1 cup Italian -seasoned breadcrumbs

2 tablespoons all-purpose flour

1/2 teaspoon cayenne pepper

2 boneless/ skinless chicken breasts

2 egg whites, lightly beaten

1 tablespoon olive oil

1 1/2 cups jarred marinara sauce

1 cup shredded mozzarella cheese

1/4 cup freshly grated Parmesan cheese

In a small bowl, combine the breadcrumbs, flour and cayenne pepper. Set aside.

Place the chicken between two sheets of heavy-duty plastic wrap. Flatten the breasts to 1/4-inch thickness, using a meat mallet or rolling pin.

Dip one chicken breast in the egg whites, then coat with the breadcrumb mixture. Dip again in the egg mixture and coat again in the breadcrumb mixture. Repeat for the second chicken breast.

Cook the chicken in hot oil over medium heat for 2 to 3 minutes on each side or until done.

Place the chicken breasts in a single layer in a lightly greased eight-inch square baking dish. Top evenly with marinara sauce and the cheeses.

Bake in the preheated oven until a thermometer inserted in the breast registers 165 degrees, about 20 minutes.

Chicken

Per Serving (excluding unknown items): 287 Calories; 21g Fat (65.7% calories from fat); 17g Protein; 8g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 290mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 3 Fat.