

# Chicken Parmigiana

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## Servings: 4

*1 jar (27 ounce) marinara sauce*

*4 boneless/ skinless chicken breast halves*

*shredded mozzarella cheese*

*2 tablespoons shredded Parmesan cheese*

*Italian style bread crumbs*

*3 tablespoons olive oil*

Preheat the oven to 350 degrees.

In a 12x8-inch baking dish, pour the marinara sauce evenly over the bottom. Place the chicken breast halves over the sauce.

In a small bowl, combine the mozzarella, bread crumbs and oil. Spoon evenly over the chicken.

Bake for 30 to 35 minutes until the chicken is tender and the juices are clear.

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Per Serving (excluding unknown items): 136 Calories; 12g Fat (79.4% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 300mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat.