

Slow Cooker Chicken Parmesan

Bonnie Hawkins - Elkhorn, WI
Taste of Home August 2020

1/2 cup seasoned bread crumbs
1/2 cup Parmesan cheese, grated
1/2 teaspoon Italian seasoning
1/2 teaspoon pepper
1/4 salt , 1/2" cubes
egg lightly beaten
1 tablespoon water
4 (six-ounce each) boneless/ skinless chicken breast halves
1 jar (24 ounce) marinara sauce
4 slices part-skim mozzarella cheese
hot cooked pasta (optional)

Preparation Time: 25 minutes

Slow Cooker: 4 hours

In a shallow bowl, combine the bread crumbs, Parmesan cheese, Italian seasoning, salt and pepper.

In another bowl, combine the egg and water.

Dip the chicken into the egg mixture and then into the crumb mixture to coat both sides, patting to help the coating adhere.

Transfer the chicken to a four- or five-quart slow cooker. Pour the sauce over the chicken.

Cook on LOW until a thermometer inserted in the chicken reads 165 degrees, four to six hours.

Top with the cheese slices and cook, covered, until the cheese is melted, 10 to 15 minutes.

If desired, serve with hot cooked pasta.

Per Serving (excluding unknown items): 549 Calories; 19g Fat (31.0% calories from fat); 29g Protein; 65g Carbohydrate; 7g Dietary Fiber; 33mg Cholesterol; 3366mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 2 Fat.