

## **CHICKEN PARMESAN**

Yield: 4 Servings | Serving Size: 1 chicken breast and 1/3

cup sauce

Cost/serving: \$3.00

**Ingredients:** 

1/2 cup Parmesan cheese

1/2 cup whole wheat cracker or breadcrumbs

1 Tablespoon Italian seasoning

1 1/2 cups low sodium spaghetti sauce (1/2 jar)

1 egg

4 boneless chicken breasts

Parsley (optional)

## **Directions:**

- 1) Preheat oven to 350° F. Mix cheese, cracker crumbs (or breadcrumbs), and 2 teaspoons Italian seasoning together.
- 2) Mix sauce with 1 teaspoon Italian seasoning. Spread sauce in the bottom of a 9" x 13" baking pan.
- 3) Beat egg. Dip chicken in egg, then in cheese mixture. Place coated chicken on top of sauce in pan.
- 4) Bake at 350°F for 30-35 minutes or until internal temperature of chicken breasts (measured with a meat thermometer) reaches 165°F. Serve over whole wheat noodles or spinach. Garnish with parsley if desired.

## **Nutrition Facts**

4 servings per container

Serving size

1 chicken breast + 1/3 cup sauce (249g)

## Amount per serving Calories

280

| <del></del>            |                |
|------------------------|----------------|
|                        | % Daily Value* |
| Total Fat 10g          | 13%            |
| Saturated Fat 3g       | 15%            |
| Trans Fat 0g           |                |
| Cholesterol 130mg      | 43%            |
| Sodium 480mg           | 21%            |
| Total Carbohydrate 15g | 5%             |
| Dietary Fiber 0g       | 0%             |
| Total Sugars 6g        |                |
| Includes 0g Added Su   | gars 0%        |
| Protein 33g            |                |
|                        |                |
| Vitamin D 0mcg         | 0%             |
| Calcium 188mg          | 15%            |
| Iron 2mg               | 10%            |
| Potassium 713mg        | 15%            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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