

# Easy Chicken Parmesan

*Serves 4*

*Serving Size: 1 Chicken breast*

## **Ingredients:**

4 boneless, skinless chicken breast halves (about 1 ¼ lbs)



1 egg, beaten

¾ cup Italian seasoned dry bread crumbs

1 jar (1 lb. 10 oz.) Pasta Sauce

1 cup shredded mozzarella cheese

## **Directions:**

1. Preheat oven to 400 degrees. Dip chicken in egg, then bread crumbs
2. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes
3. Pour pasta sauce over chicken; top with cheese, top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve, if desired, with hot cooked pasta

TIP: Lighten up this recipe-when dishes call for frying, bake it to cut down on the fat. Also try substituting eggplant for chicken for a vegetarian version.

**Per Serving 450 calories, 14g fat, 0g trans fat, 1470mg sodium, 4g fiber, 46g protein, 20% DV (daily value) for vitamin A, 8% DV for vitamin C, 25% DV for calcium and 20% DV for iron.**

**TREASURE BOX ITEMS=**

