

Oven-Fried Chicken Parmesan

Servings: 2

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

2 tablespoons all-purpose flour

¼ teaspoon dried oregano

1/8 teaspoon salt

1 large egg white, lightly beaten

1/3 cup panko (Japanese breadcrumb)

2 (6-ounce) skinless, boneless chicken breast halves

1 tablespoon extra-virgin olive oil, divided

Cooking spray

¼ cup jarred low-fat tomato-basil pasta sauce

¼ cup (1 ounce) grated Parmigiano-Reggiano cheese

1/3 cup shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 450 degrees F.
2. If using thick chicken breasts, place chicken between two sheets of wax paper and flatten to a 1/2-inch thickness with a rolling pin or cooking mallet.
3. Combine first 3 ingredients in a shallow dish; place egg whites in a bowl. Place panko in a shallow dish.
4. Dredge 1 breast in flour mixture. Dip chicken in egg whites; dredge in panko. Repeat procedure with remaining chicken, flour mixture, egg whites, and panko.
5. Heat 1/2 tablespoon oil in a large ovenproof skillet over medium-high heat. Add chicken to pan; cook 2 minutes.
6. Add remaining 1/2 tablespoon oil. Turn chicken over; cook 2 minutes.
7. Coat chicken with cooking spray; place pan in oven. Bake at 450 degrees F for 5 minutes.
8. Turn chicken over; top each breast with 1 tablespoon sauce, 1 tablespoon Parmigiano-Reggiano, and 1 1/2 tablespoon mozzarella. Bake 6 minutes or until chicken is done.

Nutrition Info

Per serving: 396 Calories; Fat 12.7 g (Saturated 5.2 g); Cholesterol 121 mg; Sodium 594.8 mg; Carbohydrates 20 g; Fiber 2.5 g; Protein 53.4 g.