

## Oven-Fried Chicken Parmesan

Servings: 4

Active Time: 30 minutes

Total Time: 30 minutes

### Ingredients

4 tablespoons all-purpose flour

½ teaspoon dried oregano

¼ teaspoon salt

2 large egg whites, lightly beaten

2/3 cup panko (Japanese breadcrumb)

4 (6-ounce) skinless, boneless chicken breast halves

2 tablespoons extra-virgin olive oil, divided

Cooking spray

½ cup jarred low-fat tomato-basil pasta sauce

½ cup (1 ounce) grated Parmigiano-Reggiano cheese

2/3 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 tablespoon oil in a large ovenproof skillet over medium-high heat. Add chicken to pan; cook 2 minutes.
6. Add remaining 1 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 2 tablespoons sauce, 2 tablespoons Parmigiano-Reggiano, and 3 tablespoons 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.