

Chicken

Bravo Italian Chicken

Taste Of Home - June/July 2011

Servings: 4

Preparation Time: 20 minutes

Bake Time: 35 minutes

1 medium eggplant, peeled and cut into 1-inch cubes
1 teaspoon salt
4 5-ounce boneless/ skinless chicken breast halves
1/4 teaspoon Italian seasoning
1/4 teaspoon pepper
1 1/2 cups (6 oz) part-skim mozzarella cheese, shredded
1 jar (24 oz) tomato basil pasta sauce

Preheat oven to 350 degrees.

Place the eggplant in a colander over a plate. Sprinkle with salt and toss. Let stand for 30 minutes.

Sprinkle chicken with the Italian seasoning and pepper.

In a large nonstick skillet coated with cooking spray, brown the chicken on both sides.

Transfer the chicken to a greased 13x9-inch baking dish. Sprinkle the chicken with 3/4 cup of the mozzarella.

Rinse the eggplant. Pat dry with paper towels. Transfer to a large bowl. Add the pasta sauce, toss to coat. Spoon over the chicken. Top with the remaining cheese.

Bake, covered, for 35 to 40 minutes.

Per Serving (excluding unknown items): 30 Calories; trace Fat (5.5% calories from fat); 1g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 536mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.