

Chicken Parmesan (Light)

20 Minute Meals

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1/4 cup Italian-style bread crumbs
1/4 cup grated Parmesan cheese
4 thin-sliced (one pound) chicken breast cutlets
1/4 teaspoon salt
1 pint grape tomatoes, halved
nonstick cooking spray
2 ounces part-skim mozzarella, shredded
5 ounces arugula
1 tablespoon red wine vinegar
1 teaspoon extra-virgin olive oil
1/4 teaspoon salt

Preheat the oven to 425 degrees.

In a bowl, combine the bread crumbs and Parmesan cheese.

Arrange the chicken on a foil-lined baking sheet. Sprinkle the tops with salt. Then sprinkle with the crumb mixture, pressing to adhere.

Arrange the grape tomatoes around the chicken. Spray with the cooking spray.

Bake for 15 minutes.

Sprinkle the cutlets with the mozzarella cheese. Bake until the cheese melts.

In a bowl, toss the tomatoes with the arugula, vinegar, olive oil and salt. Serve the salad with the chicken.

Per Serving (excluding unknown items): 154 Calories; 11g Fat (62.1% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 1461mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	0mg
% Calories from Fat:	62.1%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	11.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	26.3%	Riboflavin B2 (mg):	trace

Total Fat (g): 11g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 16mg
Carbohydrate (g): 5g
Dietary Fiber (g): 1g
Protein (g): 10g
Sodium (mg): 1461mg
Potassium (mg): 350mg
Calcium (mg): 419mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 2158IU
Vitamin A (r.e.): 246 1/2RE

Folacin (mcg): 84mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 154 **Calories from Fat:** 96

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	22%
Cholesterol	16mg	5%
Sodium	1461mg	61%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	5%
Protein	10g	
Vitamin A		43%
Vitamin C		21%
Calcium		42%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.