

Chicken

Chicken Parmesan

Family Circle Magazine

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 43 minutes

Bake Time: 15 minutes

1/2 cup whole-wheat bread crumbs

1/3 cup all-purpose flour

2 eggs slightly beaten

4 4-oz skinless/boneless chicken breasts, thinly sliced

2 tablespoons olive oil

1 cup marinara sauce

3/4 cup reduced-fat mozzarella cheese, shredded

3/4 cup low-sodium chicken broth

4 cloves garlic, smashed

1 1/2 pounds green beans

1/2 cup mushrooms, sliced

1 teaspoon olive oil

1/8 teaspoon black pepper

Preheat oven to 350 degrees.

Place bread crumbs and flour separately in two shallow dishes and the eggs in a shallow bowl. coat chicken in flour and dip in egg, shaking off excess. Coat with bread crumbs and place on a plate.

In a large nonstick skillet, heat 2 tablespoons of the oil over medium-high heat. saute' chicken 2 to 3 minutes per side until browned.

In the bottom of a baking dish, mix 1/4 cup of the marinara sauce with two tablespoons of water. Place chicken in the dish and top each with three tablespoons sauce and three tablespoons of cheese.

Bake, covered, for 15 minutes.

Meanwhile, in a large skillet, simmer broth and garlic, covered, for two minutes. Add the green beans and mushrooms; simmer, covered, for five minutes, until tender. Drain and toss with the remaining teaspoon of olive oil and season with salt and pepper. Serve with the chicken.

Per Serving (excluding unknown items): 309 Calories; 14g Fat (39.4% calories from fat); 15g Protein; 35g Carbohydrate; 8g Dietary Fiber; 11mg Cholesterol; 498mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 2 Fat.