

Fresh Mozzarella Chicken Parmesan

Sorrento Galbani Cheese

Servings: 6

*6 boneless/ skinless chicken breasts,
pounded to 1/2-inch thickness
2 large eggs, lightly beaten with two
tablespoons of water in a large dish
1/2 cup Parmesan cheese, divided
2 1/2 cups breadcrumbs
4 tablespoons olive oil
4 cups marinara sauce
12 ounces Sorrento fresh mozzarella
cheese, thinly sliced
1/4 cup parsley (for garnish),
chopped
salt and pepper (to taste)*

Preheat the oven to 400 degrees.

On a flat plate, mix the breadcrumbs with 1/4 cup of the Parmesan cheese.

Season the chicken with salt and pepper on both sides.

Dip the chicken breast in the eggs mixture and dredge in the crumbs, pressing lightly until coated.

Heat the olive oil in a large nonstick skillet until hot. Cook three of the breasts on each side for 2 to 3 minutes or until golden brown. Repeat with the remaining chicken.

Transfer the chicken to a baking dish in a single layer. Top each one with some of the tomato sauce and a few slices of the mozzarella cheese. Sprinkle on the remaining Parmesan cheese.

Bake for 15 to 20 minutes until the chicken is cooked through and the cheese is melted.

Remove from the oven and garnish with parsley. Serve.

Per Serving (excluding unknown items): 230 Calories; 16g Fat (63.0% calories from fat); 7g Protein; 14g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 834mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	230	Vitamin B6 (mg):	.2mg
% Calories from Fat:	63.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	25mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	76mg	% Daily Value*	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1
Protein (g):	7g	Lean Meat:	1/2
Sodium (mg):	834mg	Vegetable:	0
Potassium (mg):	521mg	Fruit:	0
Calcium (mg):	137mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	753IU		
Vitamin A (r.e.):	100 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 230 **Calories from Fat:** 145

% Daily Values*

Total Fat 16g	25%
Saturated Fat 3g	17%
Cholesterol 76mg	25%
Sodium 834mg	35%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	11%
Protein 7g	
Vitamin A	15%
Vitamin C	22%
Calcium	14%
Iron	9%

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