

# Parmesan Tenders with Fresh Tomato Sauce

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*www.dashrecipes.com*

## Servings: 4

### SAUCE

*6 tomatoes*  
*2 tablespoons olive oil*  
*2 tablespoons chopped basil*  
*1 clove garlic, minced*  
*1/2 teaspoon sugar*  
*salt (to taste)*

### CHICKEN

*1 1/2 pounds chicken tenders*  
*1/3 cup all-purpose flour*  
*2 large eggs, beaten*  
*1/2 cup Italian-style breadcrumbs*  
*1/4 cup Parmesan Cheese, grated*  
*vegetable oil*

Prepare the sauce: Halve the tomatoes. Grate on the large holes of a box grater, discarding the skins. Place in a bowl.

Stir in the olive oil, basil, garlic, sugar and salt. Cook in a large skillet over medium heat until thickened, about 25 minutes.

In a bowl, place the beaten eggs. Place the flour in a pie plate and mix the parmesan and the breadcrumbs in a separate pie plate..

Toss the tenders in the flour. Then dip the tenders in the egg batter and roll in the breadcrumbs mixture.

In a large skillet over medium heat, heat a thin layer of vegetable oil. Add the chicken. Cook, in batches if necessary, until browned, 3 to 4 minutes per side.

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Per Serving (excluding unknown items): 368 Calories; 13g Fat (30.8% calories from fat); 46g Protein; 19g Carbohydrate; 2g Dietary Fiber; 194mg Cholesterol; 444mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	368	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	30.8%	<b>Vitamin B12 (mcg):</b>	.4mcg

<b>% Calories from Carbohydrates:</b>	20.3%
<b>% Calories from Protein:</b>	48.9%
<b>Total Fat (g):</b>	13g
<b>Saturated Fat (g):</b>	3g
<b>Monounsaturated Fat (g):</b>	6g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	194mg
<b>Carbohydrate (g):</b>	19g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	46g
<b>Sodium (mg):</b>	444mg
<b>Potassium (mg):</b>	469mg
<b>Calcium (mg):</b>	96mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	36mg
<b>Vitamin A (i.u.):</b>	1358IU
<b>Vitamin A (r.e.):</b>	165RE

<b>Thiamin B1 (mg):</b>	.2mg
<b>Riboflavin B2 (mg):</b>	.3mg
<b>Folacin (mcg):</b>	57mcg
<b>Niacin (mg):</b>	2mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refused:</b>	0.0%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

<b>Calories</b> 368	Calories from Fat: 113
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### % Daily Values\*

<b>Total Fat</b> 13g	20%
Saturated Fat 3g	14%
<b>Cholesterol</b> 194mg	65%
<b>Sodium</b> 444mg	18%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 2g	9%
<b>Protein</b> 46g	
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<b>Vitamin A</b>	27%
<b>Vitamin C</b>	60%
<b>Calcium</b>	10%
<b>Iron</b>	10%

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