

Skillet Chicken Parmesan

*Paula Macri - Gattuso's Bella Cucina
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*8 chicken cutlets
salt (to taste)
pepper (to taste)
1 cup panko bread crumbs
1/4 cup Parmesan cheese, grated
4 tablespoons extra-virgin olive oil
1 1/2 cups marinara sauce
2 cups baby spinach, chopped
1 cup mozzarella cheese, grated*

Season the chicken cutlets with salt and pepper.

In a small bowl, mix together the panko bread crumbs and grated parmesan cheese. Coat the chicken cutlets with the breadcrumb mixture. Press to be sure that the breadcrumbs adhere to the chicken.

In a large, oven-safe skillet, heat two or three tablespoons of the olive oil over medium-high heat. Add the chicken and cook for 3 or 4 minutes on each side, until they are golden brown and no pink remaining.

Remove the chicken from the skillet. Pour half of the marinara sauce into the bottom of the skillet. Gently lay the chicken on top of the marinara sauce.

Top each piece of chicken with a few tablespoons of marinara sauce, 1/4 cup of the chopped spinach and two tablespoons of mozzarella cheese.

Place the skillet in the oven for 2 to 4 minutes or until the mozzarella just starts to turn brown.

Serve immediately.

Per Serving (excluding unknown items): 1143 Calories; 96g Fat (74.8% calories from fat); 38g Protein; 34g Carbohydrate; 6g Dietary Fiber; 117mg Cholesterol; 2388mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 16 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1143	Vitamin B6 (mg):	.5mg
% Calories from Fat:	74.8%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	11.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	96g	Folacin (mcg):	48mcg
Saturated Fat (g):	30g	Niacin (mg):	4mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	117mg	% Refuse:	0%
Carbohydrate (g):	34g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	2
Protein (g):	38g	Lean Meat:	4 1/2
Sodium (mg):	2388mg	Vegetable:	0
Potassium (mg):	1212mg	Fruit:	0
Calcium (mg):	1010mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	16 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	30mg		
Vitamin A (i.u.):	2572IU		
Vitamin A (r.e.):	492RE		

Nutrition Facts

Amount Per Serving

Calories 1143 **Calories from Fat:** 855

% Daily Values*

Total Fat 96g	147%
Saturated Fat 30g	149%
Cholesterol 117mg	39%
Sodium 2388mg	99%
Total Carbohydrates 34g	11%
Dietary Fiber 6g	24%
Protein 38g	
Vitamin A	51%
Vitamin C	50%
Calcium	101%
Iron	18%

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