

Classic Chicken Parmesan

Publix Aprons

Servings: 4

4 ounces deli-fresh mozzarella cheese, sliced

1/2 cup all-purpose flour

2 large eggs (or 1/2 cup egg substitute), beaten

2 tablespoons fresh basil, coarsely chopped

1/2 cup Italian-style bread crumbs

4 (1-1/4 pounds total) boneless chicken cutlets

1 teaspoon rosemary/sun-dried tomato seasoning

1/4 cup canola oil

8 ounces spaghetti

2 cups pasta sauce

Preheat the oven to 400 degrees.

In a pot, bring the water to a boil for the pasta.

Cut the cheese into four 1/2-inch-thick slices.

Place the flour in a shallow bowl. Place the eggs in a second shallow bowl.

Chop the basil and place in a third bowl. Stir in the bread crumbs.

Season the chicken on both sides with the rosemary/sun-dried tomato seasoning. Dredge the chicken in flour (coating both sides). Dip into the egg (allowing any excess to drip off). Finally, coat the chicken with the bread crumb mixture; press with the fingertips to coat evenly. Wash hands.

Preheat the oil in a large saute' pan on medium for 2 to 3 minutes. Add the chicken and cook for 2 to 3 minutes on each side or until browned. Transfer the chicken to a baking sheet. Top with cheese. Bake for 4 to 5 minutes or until the cheese melts and the chicken is 165 degrees.

Cook and drain the pasta according to package instructions. Place the sauce in the same pan and simmer for 2 to 3 minutes or until hot.

Place the pasta on serving plates. Top with the sauce and chicken.

Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 388 Calories; 15g Fat (34.3% calories from fat); 9g Protein; 54g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	388	Vitamin B6 (mg):	.1mg
% Calories from Fat:	34.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	35mcg
Saturated Fat (g):	1g	Niacin (mg):	5mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	54g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	3 1/2
Protein (g):	9g	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0
Potassium (mg):	115mg	Fruit:	0
Calcium (mg):	15mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	51IU		
Vitamin A (r.e.):	5RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 388 **Calories from Fat:** 133

% Daily Values*

Total Fat 15g	23%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrates 54g	18%
Dietary Fiber 2g	7%
Protein 9g	
Vitamin A	1%
Vitamin C	0%
Calcium	1%
Iron	16%

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