



## Chicken Parmesan

### INGREDIENTS:

4– 4oz.	Chicken breast fillets
2 each	Egg whites
1 cup	Panko bread crumbs (Japanese bread crumbs)
1/4 cup	Parmesan cheese, finely grated
2 tsp.	Basil, dry
2 tsp.	Oregano, dry
1 tp.	Garlic Powder
¼ tsp	Sea salt
To taste	Ground pepper
2 cups	H <sup>3</sup> I Marinara Sauce (1/2 cup per person)
3/4 cup	Mozzarella cheese; part skim-low moisture
1 can	Cooking spray

### PREPARATION:

- ~ Preheat oven to 350°F.
- ~ Pound out each four oz. fillet until 1/4 inch thick; set aside.
- ~ Mix egg whites in a medium sized bowl that is large enough to dip the fillets in.
- ~ In a separate bowl mix the Panko crumbs, salt, pepper, basil, oregano, garlic powder and parmesan cheese.
- ~ Dip each fillet into the egg whites, then dredge in the breading mixture; top each fillet with cheese.
  - ~ Spray baking sheet with cooking spray; lay fillets across the pan.
  - ~ Bake for approximately 20-25 minutes or until golden brown.
  - ~ Serve with 1/2 cup H<sup>3</sup>I Marinara Sauce.

**\*\* \*Chef's Note:** To help brown the tops of the fillets, spray a small amount of pan spray on top of each fillet. Another variation of this recipe can be made with zucchini, eggplant, veal cutlets, and or pork cutlets.

**Number of servings:** 4  
**Serving size:** 4 oz.





**Calories:** 220  
**Fat grams:** 5

BROUGHT TO YOU BY

*Hilton Head Health*



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// [HHHEALTH.COM](http://HHHEALTH.COM)