



## Chicken Parmesan

**Prep: 20 minutes**

**Bake: 20 minutes • Serves: 4**

- 6 Nonstick cooking spray
- 2 cans (14 ounces each) Italian-style stewed tomatoes
- 1 can (6 ounces) tomato paste
- 1 tablespoon dried Italian seasoning
- 1 teaspoon garlic powder
- ½ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¾ cup Italian-style breadcrumbs
- 4 boneless, skinless chicken breasts (about 1½ pounds)
- 2 tablespoons olive oil
- 4 slices ham (optional)
- 4 slices Provolone cheese, cut in half
- ½ cup grated Parmesan cheese
- Chopped fresh basil leaves (optional)

- 1.** Preheat oven to 400°. Spray baking dish with nonstick cooking spray.
- 2.** In large skillet, heat tomatoes, tomato paste, Italian seasoning and garlic powder to simmering over medium heat, breaking up tomatoes with side of spoon. Reduce heat to medium-low; simmer 10 minutes or until slightly thickened, stirring occasionally.
- 3.** In shallow dish, whisk flour, salt and pepper. In separate shallow dish, whisk eggs; place breadcrumbs in third shallow dish. Dip chicken in flour, then in egg, then in breadcrumbs, patting lightly so breadcrumbs adhere.
- 4.** In large skillet, heat oil over medium-high heat. Add chicken and cook 5 minutes or until golden brown, turning once halfway through cooking. Transfer chicken to prepared dish; spoon tomato sauce on and around chicken. Evenly top chicken with ham, if using, and cheeses.
- 5.** Cover dish tightly with aluminum foil; bake 15 minutes. Uncover and bake 5 minutes longer or until internal temperature of chicken reaches 165°. Serve sprinkled with basil, if desired.

*Approximate nutritional values per serving:*

*561 Calories, 189g Fat (6g Saturated), 201mg Cholesterol, 1522mg Sodium, 43g Carbohydrates, 5g Fiber, 46g Protein*

### **Chef tip:**

- > *Make a Chicken Parmesan Sandwich – top the bottom of a ciabatta roll with some of the tomato sauce, a piece of the Chicken Parmesan, ham, fresh baby spinach, banana pepper rings and the top bun.*
- > *Serve alongside cooked linguine or spaghetti and steamed fresh broccoli.*