

Chicken Parmesan

4 4-oz skinless, boneless chicken breasts, trimmed of fat
2 egg whites or ½ cup egg substitute
½ cup parmesan cheese
2 Tbsp olive oil
2 cups tomato sauce (see below)

Pre-heat oven to 350 degrees.

Place chicken breasts on cutting board and place over top plastic wrap. Using tenderizing mallet, pound chicken until flat. In a skillet over medium-high heat, heat oil. In a small bowl, slightly beat eggs with a fork and add salt, pepper and parmesan. Take each chicken breast and dip into egg white and slip into skillet. Cook on both sides, turning once, until tender and golden, about 4 minutes each side.

After cooking chicken, place in a 9 X 13 glass-baking dish. Next, pour tomato sauce over top of chicken breast and top each with ¼ cup parmesan cheese. Bake at 350° for 10 minutes covered with aluminum foil.

Serves 4

Calories 360 Fat 18g Sat Fat 7g Carbohydrate 8g Dietary Fiber 2g Protein 2g Sodium 115mg

Tomato basil sauce

1 small yellow onion, chopped
2 cloves garlic, finely minced
2 Tbsp olive oil
1 28-oz canned diced tomatoes (no salt added)
1 6-oz can tomato paste
1 tsp oregano
1 tsp thyme
1 tsp rosemary
2 Tablespoons fresh chopped basil
½ tsp crushed red pepper (optional)
¼ tsp sea salt
½ tsp fresh ground pepper

Heat oil in medium sauce pan over medium-high. Add onion and garlic. Sauté until onion is soft and garlic golden brown; about 10 minutes. Add diced tomatoes and tomato paste. Stir. Add remaining ingredients. Reduce heat to low. Cook for 30 minutes or longer.

Serves 8. One Serving=1/2 cup

**Calories 60 Fat 2g Sat Fat 0g Carbohydrate 8g Dietary Fiber 2g Protein 32g
Sodium 415mg**