



Chicken Parmesan

Ingredients

20 oz Sanderson Farms Boneless, Skinless Chicken Breast Fillets, sliced in half horizontally to create four chicken breast fillets

½ teaspoon	salt
¼ teaspoon	ground black pepper
1 cup	Italian bread crumbs
1 tablespoon	grated Parmesan cheese
1 teaspoon	olive oil
4 tablespoons	all-purpose flour
1 large	egg, whisked
1 cup	shredded Mozzarella cheese
Prepared marinara sauce	
Cooked pasta	



Directions

Preheat oven to 425°. Season chicken with salt and black pepper. Mix bread crumbs, Parmesan cheese and olive oil in a small shallow bowl. Place flour in a small shallow bowl. Pour egg in a third small shallow bowl. Dip top side of chicken in flour, in egg and ending with bread crumb mixture. Place chicken in a small baking sheet lined with aluminum foil. Repeat with remaining three chicken breast fillets. Bake in preheated 425° oven 8 minutes. Remove chicken from oven and top with mozzarella cheese. Return chicken to oven and bake another 5 minutes or until chicken is to an internal temperature of 165°. Serve with marinara sauce and cooked pasta.

Recipe Nutrition per serving:

701 calories; 51 gm protein; 83 gm carbohydrates; 17 gm total fat; 6 gm saturated fat; 150 mg cholesterol; 6 gm dietary fiber; 1791mg sodium

Yield: 4 servings.