

Oven-Fried Chicken Parmesan

**Prep Time**

30 Mins

Yield

4 servings (serving size: 1 breast half)

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COOKING LIGHT

Serve an Italian favorite for an easy meal in minutes. Pair with a simple starch and a small green salad.

Ingredients

1/4 cup all-purpose flour

1/2 teaspoon dried oregano

1/4 teaspoon salt

2 large egg whites, lightly beaten

3/4 cup panko (Japanese breadcrumbs)

4 (6-ounce) skinless, boneless chicken breast halves

2 tablespoons olive oil, divided

Cooking spray

1/2 cup jarred tomato-basil pasta sauce

1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese

3/4 cup (3 ounces) shredded part-skim mozzarella cheese

How to Make It

Step 1 Preheat oven to 450°.**Step 2** Combine first 3 ingredients in a shallow dish; place egg whites in a bowl. Place panko in a shallow dish. Dredge 1 breast half in flour mixture. Dip in egg whites; dredge in panko. Repeat procedure with remaining chicken, flour mixture, egg whites, and panko.**Step 3** Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add chicken to pan; cook 2 minutes. Add remaining 1 tablespoon oil. Turn chicken over; cook 2 minutes. Coat chicken with cooking spray; place pan in oven. Bake at 450° for 5 minutes. Turn chicken over; top each breast half with 2 tablespoons sauce, 2 tablespoons Parmigiano-Reggiano, and 3 tablespoons mozzarella. Bake 6 minutes or until chicken is done.

Nutritional Information

Calories 401, Fat 16.9g, Satisfat 6.4g, Monofat 7.6g, Polyfat 1.3g, Protein 44.4g, Carbohydrate 15.9g, Fiber 0.6g, Cholesterol 95mg, Iron 1.8mg, Sodium 719mg, Calcium 352mg.