

Herbed Chicken Parmesan (Serves 4)

Original Recipe adapted from Cooking Light, November 2003

Ingredients:

- 1/3 cup grated fresh Parmesan cheese, divided
- 1/4 cup dry breadcrumbs
- 1 tablespoon minced fresh parsley
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt, divided
- 1 large egg white, lightly beaten
- 4 boneless, skinless chicken breasts, pounded 1/2" thin
- 1 tablespoon butter
- 1 1/2 cups bottled fat-free tomato-basil pasta sauce
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon black pepper
- 1/3 cup shredded mozzarella cheese

Directions:

1. Preheat broiler.
2. Combine 2 tablespoons of Parmesan, breadcrumbs, parsley, basil, and 1/8 teaspoon salt in a shallow dish. Place egg white in a shallow dish. Dip each chicken breast in egg white; dredge in the breadcrumb mixture. Melt butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Set aside.
3. Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a saucepan and heat. Pour the sauce over chicken in pan. Sprinkle evenly with the remaining Parmesan and mozzarella cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.

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