

Tomato Chicken Parmesan (Serves 6)

Recipe adapted from [All Recipes](#)

Ingredients:

- 1 egg, beaten
- 3/4 cup grated Parmesan cheese
- 1/2 cup seasoned bread crumbs
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. Italian seasoning
- 6 skinless, boneless chicken breasts, pounded to 1/2 inch thickness
- 2 Tbsp. vegetable oil
- 16 oz. marinara or pasta sauce
- 1 cup shredded mozzarella cheese

Directions:

1. Preheat oven to 375 degrees.
2. Pour beaten egg into a shallow dish or bowl. In another shallow dish or bowl, mix together Parmesan cheese, bread crumbs, garlic powder, onion powder, and Italian seasoning. Dip chicken breasts into beaten egg, then into bread crumb mixture to coat. Refrigerate for 30 minutes to help coating adhere better.
3. In a large skillet, heat oil over medium heat. Add coated chicken and cook for about 3-4 minutes per side, or until chicken is just about cooked through. You don't want to crowd the pan, so cook in batches if necessary.
4. Pour pasta sauce into a lightly greased 9x13-inch baking dish. Add chicken, then pile shredded mozzarella cheese on each chicken breast, and bake for 10 minutes or until cheese is completely melted.

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