

Healthy Chicken Parmesan

Makes 4 servings



4 slices whole wheat bread, processed into fine crumbs
1 tablespoon paprika
1 tablespoon dried basil
1 teaspoon sea salt, divided
2 eggs
¼ cup skim milk
1 cup all-purpose flour
¼ teaspoon black pepper
4 boneless skinless chicken breasts
Cooking spray
¼ cup shredded mozzarella cheese, part skim
1 jar **Costantino's Kitchen Tomato/Basil Pasta Sauce**, heated
2 tablespoons parmesan cheese, shredded
Fresh basil, chiffonade (optional)



Preheat the oven to 350° F. Toast the crumbs for 12 minutes, stirring occasionally, until golden. Combine with paprika, basil and ½ teaspoon salt. In another bowl, whisk the eggs and milk together. In a third bowl, stir together the flour, and the remaining salt and black pepper. Dip each piece of chicken in flour, shaking off excess, then egg, then bread crumbs.

Increase oven temperature to 400° F. Place breaded breasts on a cookie sheet and spray on each side with cooking spray. Bake breasts until cooked through and crumbs are browned, about 15 minutes. Top with mozzarella and return to oven for an additional 10 minutes, until cheese is bubbling and the chicken has an internal temperature of at least 155°. Put on plate and top with sauce. Garnish with parmesan cheese and basil.

Mangia bene!!

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