

Chicken Parmesan

Crispy breaded chicken cutlets smothered with cheese and sauce really hits the spot when you're craving Italian fare. My version is lightly cooked in olive oil instead of deep-fried. The part-skim mozzarella shaves off quite a few calories and fat, making this chicken parm much healthier than the traditional version.

Serves 4

Ingredients

- 1 cup plain breadcrumbs
- 1/4 cup grated Parmesan
- 3 egg whites
- 4 thinly sliced chicken cutlets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup olive oil
- 1 cup prepared low -sodium or home made marinara sauce
- 1 cup grated part-skim cheese
- 1/4 cup packed basil leaves, thinly sliced

Directions

On a piece of parchment or wax paper, mix the breadcrumbs with the Parmesan. Place egg whites in a shallow bowl or dish. Sprinkle both sides of the chicken with half the salt and pepper and dip in the egg whites. Dip the cutlets into the breadcrumb mixture and place on another sheet of parchment or wax paper.

Line a large cookie sheet with aluminum foil. Heat a large skillet over high heat. Add half the olive oil. When the oil is hot, add the first two cutlets. Reduce heat to medium high and cook 2-3 minutes per side until the breadcrumb mixture begins to brown. Transfer to cookie sheet and repeat with remaining oil and cutlets.

Sprinkle cutlets with remaining salt and top with marinara sauce. Sprinkle with mozzarella and place in the oven for 8-10 minutes until the cheese begins to melt and brown slightly. Remove and transfer to plates. Top with basil and serve immediately.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!

Make It A Meal

Garlic Broccoli or Sauteed Spinach

Wine Pairing

Chianti or Rioja

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