

Chicken Parmesan



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What You Need

500g boneless skinless chicken
breasts (~4)
1 cup whole wheat bread crumbs
1/3 cup parmesan cheese
1/3 cup flour

2 beaten eggs
2 tbsp canola oil
1 cup shredded mozzarella cheese
1 can (398 ml) tomato sauce

*To complete this meal serve
with pasta, steamed veggies,
and a tossed salad.*

Makes 4 Servings

Per Serving

Calories 542
Carbohydrates 24 g
Protein 56 g
Fat 25 g
Dietary Fiber 3 g

How You Prepare

Coat the chicken with flour. Dip in eggs, then in the bread crumbs mixed with parmesan cheese. Heat the oil in a pan and brown the coated chicken. Arrange in a baking dish, and top with shredded cheese. Pour tomato sauce over top. Bake at 325 degrees for 1 hour.