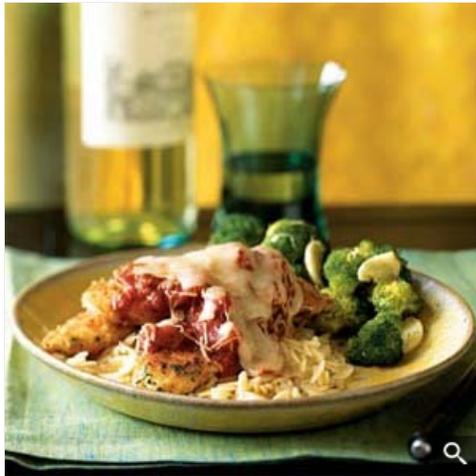




Recipes > Herbed Chicken Parmesan

Herbed Chicken Parmesan



Photography: Howard L. Puckett; Styling: Melanie J. Clarke

This lighter version of an Italian favorite loses some of the fat but none of the taste. We recommend rice-shaped orzo pasta with this saucy chicken entrée, but you can serve spaghetti or angel hair pasta instead.

★★★★★ Outstanding

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Yield: 4 servings



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Nutritional Information

Amount per serving

Calories: 308

Calories from fat: 30%

Fat: 10.4g

Saturated fat: 5.7g

Monounsaturated fat: 3g

Polyunsaturated fat: 0.6g

Protein: 35.9g

Carbohydrate: 16.2g

Fiber: 1.8g

Cholesterol: 88mg

Iron: 2.3mg

Sodium: 808mg

Calcium: 249mg

Nutrition Guidelines for Healthy Living

Ingredients

- 1/3 cup (1 1/2 ounces) 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
- 1 pound chicken breast tenders
- 1 tablespoon butter
- 1 1/2 cups bottled fat-free tomato-basil pasta sauce (such as Muir Glen Organic)
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon black pepper
- 1/3 cup (1 1/2 ounces) shredded provolone cheese

Preparation

Preheat broiler.

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 tender 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.

Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated. Pour the sauce over chicken in pan. Sprinkle evenly with the remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.

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Ann Taylor Pittman, *Cooking Light*
NOVEMBER 2003

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Ratings and Reviews (112)

Outstanding
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RanceStreeter

Very simple to cook and great flavor. Will definitely become a regular in my home.

Outstanding 08/03/11

Joshshoea

This meal is DELICIOUS. i'm 16, and my mom always makes the same food over and over. so i asked her one night if i could find a recipe on the internet and give it a shot. and i found this recipe. i highly recommend this recipe. it's not too difficult to make and doesn't require much cooking. also, if you're a cheese lover like myself, use a little more than what the recipe calls for.

Outstanding 08/02/11

mezviz

We LOVE this recipe! I have made it several times for our family of 4 as well as for company. People always rave about this dish, and I've always been asked for the recipe. I've made this recipe as is, but since discovering CL's recipe for marinara sauce, I use that instead of the jarred stuff. Also, I've started using whole wheat Panko crumbs and I don't think you can tell the difference at all! Btw, I usually make this w/ a side of orzo pasta (with the extra sauce) and steamed broccoli.

Outstanding 07/11/11

skoc50

This is definitely a 5* recipe, especially when you consider the simplicity of the recipe. I got my daughter, who doesn't normally cook, to make this and she whipped it out in no time. Since I had some leftover homemade tomato-basil sauce, we used about a cup of that in addition to another half cup of prepared sauce. One tbs. of butter seemed to work for us, but I have a really good Calphalon pan. Maybe that helped. Turned out very tasty & tender. Will definitely make again.

Outstanding 07/05/11

LogansMama

I make this all the time- it's simple, quick, and delicious! It tastes as good as a restaurants. I use the sauce trick (balsamic +

parmesan) every time I use spaghetti sauce now. YUM!

★★★★★ *Outstanding* 06/27/11

Sclaro
This chicken was AMAZING! It was soooo easy to make and everyone loved it! I would make this every week if possible. The breading on the chicken is really great because of the parmesan flavors baked in, and the presentation looks fabulous without any work at all.

★★★★★ *Outstanding* Miami, FL 06/03/11

Julz491
Amazing everyone liked it!! All three kids and my husband! Used olive oil to sauté .. My pickiest kid even told me I should make it next time we have company:-). Nice presentation too which is always cool..

★★★★★ *Worthy of a special occasion* 05/24/11

TamarFSU
This one is a keeper! I've followed it to the "T" twice now and it's been perfect and delish!!! You won't be disappointed. I did use Panko bread crumbs and it's great!!

★★★★★ *Outstanding* 04/17/11

Barbarashannon
So easy and very delicious. I'll take this Chicken Parmesan over any other.

★★★★★ *Outstanding* 03/30/11

MandaKate
Really enjoyed this recipe. Was uncertain about the balsamic vinegar in the sauce, but it was really good! I used Italian seasoned breadcrumbs so I didn't add the spices or the salt. It's another case of - I can't believe this is Cooking Light!

★★★★★ *Outstanding* 03/20/11

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COURSE: Main Dishes | CONVENIENCE: Entertaining, Kid-Friendly, Quick/Easy | CUISINE: American, Italian
MAIN INGREDIENT: Poultry | COOKING METHOD: Broil | OCCASION: Autumn, Spring, Summer, Winter
PUBLICATION: Cooking Light

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