



BAKED CHICKEN PARMESAN

Healthy baked chicken over a bed of noodles and sauce!

 20 minutes

 1 hour and 15 minutes

 10 portions

INGREDIENTS

- 1.5 cups of bread, crumbs, dry, grated, seasoned [180 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 tbsp of spices, marjoram, dried [2 g]
- 1 oz of cheese, romano [28 g]
- 1 tbsp of spices, sage, ground [2 g]
- 0.3 tsps, leaves of spices, oregano, dried [0 g]
- 1 tbsp of rosemary, fresh [2 g]
- 2 cups, shredded of cheese, mozzarella, nonfat [226 g]
- 2 tbsps, chopped of basil, fresh [5 g]
- 4 large units of egg, whole, raw, fresh [200 g]
- 3 oz of cheese, parmesan, dry grated, reduced fat [85 g]
- 1/2 tsp of spices, onion powder [1 g]
- 4 pieces of chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled [768 g]
- 6 cups [spaghetti] of pasta, dry, enriched [546 g]

COOKING METHOD

- 1° Precook chicken in oven at 300 degrees for 40 minutes [or until cooked all the way through]. Slice into desired size for servings. Let cool for handling. Cook pasta while mixing other ingredients. Mix spices with romano cheese, olive oil, eggs, onion powder and basil. Whip thoroughly and use to batter chicken with bread crumbs. Bake in oven until golden brown. Top chicken with cheese so it can melt. Prepare pasta with marinara sauce and place chicken breasts on top of pasta. Sprinkle Parmesan cheese over servings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [206 g]	% DRI
ENERGY	239 kcal	493 kcal	25 %
FAT	5 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	83 mg	170 mg	57 %
SODIUM	444 mg	914 mg	38 %
CARBOHYDRATE	27 g	55 g	18 %
SUGARS	1 g	3 g	—
FIBER	2 g	3 g	13 %
PROTEIN	22 g	45 g	—