

Healthy Chicken Parmesan

Ingredients:

- 2 cups canned crushed tomatoes
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp Italian seasoning
- 1 cup panko breadcrumbs
- 3 Tbsp. grated Parmesan cheese
- 4 small chicken breast (about 1 pound)
- 1 cup shredded part-skim mozzarella cheese



Directions:

1. Preheat oven to 350 degrees.
2. Spray an 8" X 8" baking dish with nonstick spray.
3. Combine tomatoes with 2 tsp garlic powder, onion powder, and Italian seasoning.
4. In another medium bowl, combine breadcrumbs with Parmesan cheese, 1 tsp garlic powder, 1 tsp onion powder. Mix well.
5. Place chicken breast in the baking dish, season with salt and pepper.
6. Top chicken with seasoned tomatoes, 1/2 cup mozzarella, seasoned breadcrumbs and remaining 1/2 cup mozzarella.
7. Bake for 25 minutes or until chicken has reached internal temperature of 165 degrees.

Serve with whole grain pasta.