



## ***Easy Chicken Parmesan***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

Chicken Parmesan (serves 4)

1/4 cup all-purpose flour

1/2 teaspoon dried oregano

1/4 teaspoon salt

1/8 teaspoon pepper

2 eggs, lightly beaten

1/2 cup breadcrumbs

4- 6 ounce skinless, boneless chicken breasts

2 tablespoons olive oil

1 cup jarred tomato pasta sauce

1/2 cup grated parmesan cheese (preferably Parmesan-Reggiano)

3/4 cup shredded mozzarella cheese (preferably part skim)

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### ***Directions***

Preheat oven to 450 degrees. Collect 3 shallow dishes. In first, combine flour, oregano and salt. In second, place eggs. Place breadcrumbs in third dish.

Coat chicken pieces one at a time in this order: Dredge in flour mixture. Dip in eggs and dredge in breadcrumbs.

Heat 1 tablespoon oil in ovenproof skillet over medium heat. Add chicken and cook 2 minutes. Add remaining 1 tablespoon oil and turn chicken over to cook for 2 minutes. Place chicken in oven and bake for 5 minutes. Turn chicken over, top each breast with 1/4 cup sauce, 2 tablespoons parmesan, and 3 tablespoons mozzarella. Bake at least 5 minutes more until chicken is done (165 degrees).

Serve with a side of pasta that you made while the chicken was baking in the oven. Round out the meal with a simple green or cucumber salad. Enjoy!