

## GUASTELLO'S VILLAGE MARKET

# Baked Chicken Parmesan

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Serves 8

### Ingredients

4 (about 8 oz. each) chicken breast, fat trimmed, sliced in half to make 8  
3/4 cup seasoned breadcrumbs  
1/4 cup grated Parmesan cheese  
2 tbl. butter, melted (or olive oil)  
3/4 cup reduced fat mozzarella cheese  
1 cup marinara or Filetto di Pomodoro  
Cooking spray

Preheat oven to 450°. Spray a large baking sheet lightly with spray.

Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.

Lightly spray a little more oil on top and bake in the oven for 20 minutes. Turn chicken over, bake another 5 minutes.

Remove from oven, spoon 1 tbl. sauce over each piece of chicken and top each with 1 1/2 tbl. of shredded mozzarella cheese.

Bake 5 more minutes or until cheese is melted.

*Credit: skinnytaste.com*