

Lowfat Chicken Parmesan

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

2 teaspoons balsamic vinegar

1/4 teaspoon black pepper

1/3 cup (1 1/2 ounces) shredded provolone cheese

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.

Makes 4 servings @ 6 Points, 8 points plus

