

Baked Chicken Parmesan



Hands-On Prep 15 MIN

Cook 15 MIN

Serves 4

1 Preheat the oven to 400°F. Spray a 1-quart shallow baking dish with nonstick spray.

2 Beat the egg and water in a shallow bowl. Combine the bread crumbs, parsley, cheese, and pepper on a sheet of wax paper.

3 Dip 1 piece of chicken into the egg mixture. Then dip both sides into the bread-crumbs mixture, shaking off the excess. Place the chicken in the baking dish. Repeat with the remaining pieces of chicken. Discard any leftover egg mixture and bread-crumbs mixture. Bake the chicken until golden and cooked through, about 15 minutes.

1 large egg
1 tablespoon water
1/3 cup plain dried bread crumbs
1/4 cup chopped flat-leaf parsley
3 tablespoons grated Parmesan cheese
1/4 teaspoon freshly ground pepper
4 (1/4-pound) chicken cutlets

PER SERVING (1 piece of chicken): 210 Cal, 6 g Fat, 2 g Sat Fat, 0 g Trans Fat, 119 mg Chol, 239 mg Sod, 7 g Carb, 1 g Fib, 29 g Prot, 111 mg Calc. **POINTS** value: 5.

How We Did It Chicken breasts need to be uniformly thin to cook evenly and quickly. We buy chicken cutlets to save time, or we pound our own skinless boneless chicken-breast halves. To pound, lay a breast between 2 sheets of plastic wrap or put it in a partially sealed zip-close plastic bag (if you seal the bag completely, it will pop). Use a mallet or heavy skillet to pound each breast to a thickness of about 1/4 inch.