

Chicken Parmigiana Sandwich



sandwiches

POINTS® Value: 6
Servings: 4
Preparation Time: 10 min
Cooking Time: 25 min
Level of Difficulty: Easy

Our "You won't believe you're on a diet" recipe series concludes with this Italian classic.

Ingredients

1/4 cup(s) fat-free Italian salad dressing
1/3 cup(s) seasoned bread crumbs
1 pound(s) uncooked boneless, skinless chicken breast, four 4-oz pieces
1/2 cup(s) canned tomato sauce
1/4 cup(s) part-skim mozzarella cheese, shredded
8 slice(s) reduced-calorie bread, Italian-style, toasted

Instructions

Preheat oven to 400°F. Coat a baking pan with cooking spray.

Place Italian dressing and bread crumbs in separate shallow bowls. Dip chicken in dressing and turn to coat; dip chicken in bread crumbs and turn to coat.

Place chicken in prepared pan and bake for 15 minutes. Top with tomato sauce and cheese and bake until chicken is no longer pink, about 10 minutes more.

Place each chicken breast on 1 slice of bread; top with remaining slices of bread and serve.

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