



Parm-Crusted Chicken



1/2 of recipe (1 cutlet): 261 calories, 7.5g total fat (2.5g sat. fat), 435mg sodium, 7g carbs, 1g fiber, 1g sugars, 39g protein

Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

1/4 cup whole-wheat panko breadcrumbs
1/2 tsp. Italian seasoning
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
2 tbsp. + 2 tsp. grated Parmesan cheese
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Directions

In a wide bowl, combine breadcrumbs, all seasonings, and 2 tbsp. Parm. Mix well.

Place chicken in another wide bowl. Top with egg whites/substitute, and flip to coat.

One at a time, shake chicken cutlets to remove excess egg, and coat with breadcrumb mixture.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Serve topped with remaining 2 tsp. Parm.

MAKES 2 SERVINGS

HG Alternative: No whole-wheat panko? No problem. Just use traditional panko breadcrumbs, which have slightly less fiber.

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