

Low-Fat Parmesan Chicken & Polenta

Prep: 15 min
Cook: 15 min
Serves: 4

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup bread crumbs
- 1 teaspoon Italian seasonings
- 2 egg whites
- Grated parmesan cheese (use fresh when possible)
- Olive oil spray
- Polenta (pre-made or from scratch)
- Tomato Alfredo sauce (optional)

Directions:

1. Preheat the oven to 400°.
2. Combine the breadcrumbs and Italian seasonings.
3. Dredge the chicken breasts through the egg whites and then coat them with the breadcrumb mixture.
4. Place the chicken in a lightly-sprayed baking dish. Spray lightly over top with the olive oil. Top with the Parmesan cheese (and sauce, if desired).
5. Bake for about 15 minutes.
6. Polenta with a little bit of butter and Parmesan cheese makes a delicious side dish. Depending on the type you purchase, you can bake it or prepare it in a pot on the stove. Follow the directions on the package.



Nutrition Information		
Serving size: 195g	4 servings	Calories: 310
Amount per Serving		% Daily Value
Total Fat	9g	12%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	390mg	17%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	4%
Total Sugars	2g	
Added Sugars	2g	4%
Protein	33g	
Vitamin D	0mcg	
Calcium	77mg	6%
Iron	2mg	10%
Potassium	488mg	10%