

# EASY CHICKEN PARMESAN



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## Ingredients

Yield: 6

- 1 tbsp olive oil
- 6 skinless, boneless chicken breast halves
- 1 1/2 c regular spaghetti sauce
- 1/4 c grated low fat parmesan cheese
- 1 1/2 c shredded 2% low fat mozzarella cheese

## Directions

1. Heat oil in 12-inch skillet over medium-high heat. Add chicken and cook 10 minutes or until well browned on both sides.
2. Stir sauce and 3 tablespoons parmesan cheese in skillet. Reduce heat to medium. Cover and cook 10 minutes or until chicken is cooked through.
3. Sprinkle mozzarella cheese and remaining parmesan cheese over chicken. Let stand 5 minutes or until cheese is melted.

Tip: Goes great with whole wheat pasta and a side of green beans.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 breast	255	8 g	30 g	1.3 g	560 g

Carbohydrate Exchanges: 0