

Healthy Chicken Parmesan

Recipe by: Audrey Sweetwood '18, Student Assistant

Yield: 4 servings

Ingredients:

For the roasted red pepper tomato sauce

2 red bell peppers
2 tablespoons extra virgin olive oil
½ Spanish onion, chopped
5 garlic cloves, crushed
2 cups crushed red tomatoes
1 tablespoon sugar
½ teaspoon dried oregano
½ teaspoon marjoram
1 teaspoon salt
¼ teaspoon ground black pepper
Salt and ground black pepper, to taste

For the chicken parmesan

¼ cup panko breadcrumbs
¼ cup whole-wheat breadcrumbs
1 tablespoon garlic powder
1 teaspoon Italian seasoning
½ teaspoon salt
¼ teaspoon ground black pepper
2 eggs
4 boneless, skinless chicken breasts
1 cup reduced-fat shredded mozzarella
½ cup parmesan
¼ cup fresh basil, chiffonade

Method of Preparation:

1. Preheat oven to 450 degrees.
2. Prepare the tomato sauce: Place whole bell peppers on a baking sheet. Roast in the oven, turning occasionally, about 45 minutes, or until they become wrinkly and skin is turns black.
3. Immediately remove from oven, place in a bowl, and cover with aluminum foil. Set aside 20 minutes, or until cool enough to handle. Once cooled, cut into quarters and remove stem, seeds and skin. Set aside.
4. In a medium saucepan, heat oil over medium-high heat. Add onion and sauté until soft and translucent, 3-4 minutes. Add garlic and cook another minute.
5. Add red peppers, tomatoes, sugar, dried herbs, salt and pepper. Bring to a boil, then reduce heat to low and simmer 30 minutes.
6. Transfer to a blender and puree until smooth. Taste and adjust seasoning as needed. Set aside.
7. Prepare the chicken parmesan: Lower oven to 375 degrees. In a shallow bowl, combine both types of breadcrumbs, garlic powder, Italian seasoning, salt and pepper. In a second shallow bowl, beat eggs.
8. Dip each chicken breast first in egg mixture, then in breadcrumb mixture. Place on a greased baking sheet. Bake until internal temperature reaches 165 degrees, about 25 minutes.
9. Top each chicken breast with sauce and both cheeses. Place under broiler until cheese is melted.
10. Serve with more tomato sauce and fresh basil.

Nutritional Analysis:

Calories: 480
Carbohydrates: 24 g
Sodium: 1,200 mg
Protein: 50 g
Fat: 20 g
Fiber: 5 g