



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Chicken Parmesan

Ingredients:

- 6 skinless, boneless chicken breast halves
- 1 cup fine, seasoned breadcrumbs
(uses about 1/2 cup, discard leftovers)
- 2 egg whites, slightly beaten
- 1 (8-ounce) can herbed tomato sauce
- 2 Tablespoons Parmesan cheese, divided
- 3 ounces part skim mozzarella cheese, shredded
- vegetable oil spray

Makes 6 servings - 28% calories from fat

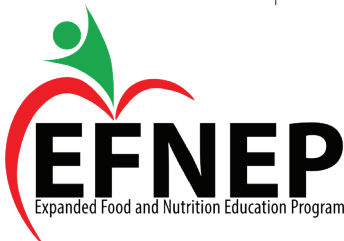
Note:

Can substitute 1 cup homemade marinara sauce for 8 ounce can herbed tomato sauce.

Instructions:

1. Trim visible fat from breast halves. Place a chicken breast half between two sheets of heavy-duty plastic wrap; flatten by pounding to 1/4 inch thickness with a meat mallet. Repeat step with remaining breast halves.
2. In a bowl slightly beat egg whites, then dip in flattened chicken breasts. In another wide bowl measure in breadcrumbs, then dip egg washed chicken breasts coating both sides, discard leftover breadcrumbs.
3. Prepare a large non-stick skillet with vegetable oil spray; place over medium heat until hot. Add chicken and cook on both sides until slightly browned.
4. Place chicken in a 9x12 inch baking dish or larger. Pour tomato sauce over chicken. Sprinkle with 1 Tablespoon parmesan cheese.
5. Bake at 350° F for 25 minutes. Then remove from oven, top chicken with mozzarella cheese, sprinkle with remaining 1 Tablespoon parmesan cheese, and bake an additional 5 minutes or until cheese melts.

Nutrition Facts	
Serving Size 1/2 breast	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 530mg	22%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 21g	
Vitamin A 8%	Vitamin C 8%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.