

## *Chicken Parmigiana*

- 1 1/2 cups finely chopped onion
- 3 cloves garlic, minced
- Vegetable cooking spray
- 3 cups chopped tomatoes (about 2 pounds)
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt;
- 4 (4 ounce) boneless, skinless chicken breasts
- 1/4 cup all purpose flour
- 1/4 cup grated Parmesan cheese
- 1 egg white, lightly beaten
- 1 Tablespoon olive oil
- 1 cup (4 ounces) shredded part-skim mozzarella cheese

Place chopped onion and garlic in a medium saucepan coated with cooking spray; cover and cook over low heat for 15 minutes. Add tomato and next 4 ingredients; simmer, uncovered, 45 minutes. Set sauce aside.

Place each chicken breast half between 2 sheets of heavy duty plastic wrap. Flatten chicken to 1/8 inch thickness, using a meat mallet or rolling pin.

Combine flour and Parmesan cheese in a shallow dish. Dip each piece of chicken in egg white; dredge in flour mixture. Heat olive oil in a large nonstick skillet over medium-high heat. Add Chicken; cook 2 minutes on each side or until browned.

Arrange chicken in an 11x7x2 inch baking dish coated with cooking spray. Pour tomato mixture evenly over chicken, and sprinkle with mozzarella cheese. Bake, uncovered, at 350° for 30 minutes or until thoroughly heated. Yield: 4 servings

Healthy Variations - Use whole wheat flour - it's a good way to increase the fiber. Combine low fat mozzarella with fat free mozzarella - you'll cut the fat in half and never taste the difference.

**Mike's Favorite** – Line the baking dish with slices of zucchini, yellow squash and mushrooms. Then arrange chicken as instructed and bake. You'll have a one dish healthy meal complete with veggies.

