

# CHICKEN PARMESAN

## INGREDIENTS

4 servings	8 servings	12 servings*	
1 lb.	2 lbs.	3 lbs.	boneless, skinless chicken breasts
1	2	3	egg, slightly beaten
1 T.	2 T.	3 T.	flour
.5 cup	1 cup	1.5 cup	Italian seasoned breadcrumbs
.25 cup	.5 cup	.75 cup	grated parmesan cheese
2 T.	4 T.	6 T.	olive oil
.5 lb.	1 lb.	1.5 lbs.	spaghetti
24 oz.	48 oz.	72 oz.	spaghetti sauce

## INSTRUCTIONS

1. Mix the egg and flour in a shallow bowl. Mix the breadcrumbs and parmesan cheese in a separate shallow bowl. Set both bowls near a large skillet on the stove.
2. Heat the oil in the skillet while you prepare the chicken breasts
3. Dredge the chicken in the egg mixture first and then the breadcrumb mixture. Place the breaded chicken breasts in the warmed skillet
4. Cover and cook on both sides until lightly browned and cooked through.
5. In the meantime, boil water to cook the pasta according to the package directions.
6. Drain the cooked pasta and return to the pot. Add the spaghetti sauce and heat through.
7. Serve the chicken breasts over the pasta and tomato sauce and enjoy!

### Nutrition per Serving

Kcal: 240

Protein: 14 grams

Carbohydrate: 45 grams

Fat: 1 gram

