Chicken Parmesan

Serves 4. Total time 30 minutes.

**Chicken Parmesan**

3/4 cup whole wheat Panko or dry breadcrumbs
1/4 cup grated Parmesan cheese
½ tsp. dried Italian seasoning (basil, thyme, oregano)
½ tsp. garlic powder
½ tsp. salt
Freshly ground black pepper to taste

1 egg
4 (4 oz.) boneless, skinless chicken cutlets
8 oz. uncooked whole wheat linguine
2 cups lower-sodium marinara sauce, divided
8 T. shredded part-skim mozzarella

Preheat oven to 400° F. Bring a large pot of water to boil. Spray a baking sheet with nonstick cooking spray.
In a shallow bowl, combine breadcrumbs, Parmesan, Italian seasoning, garlic powder, salt, and pepper. In another shallow bowl, lightly beat the egg. Dip chicken cutlets in egg and then crumb mixture, coating both sides evenly; place on baking sheet. Bake 10 minutes. Turn over, top each chicken breast with a few tablespoons of marinara and 2 T. mozzarella; cook an additional 10 minutes or until cooked through.

[If preparing green bean medley below, cook green beans for 4 minutes in boiling water and remove with a slotted spoon.] Add linguine to pot of boiling water, lower to medium-high heat, and gently boil 8 minutes until almost al dente; drain. Return pot to medium heat and add remaining marinara sauce; bring to a simmer. Return to linguine to the pan and cook 1 minute until al dente. Serve Chicken Parmesan with a side of linguine.

**Nutrition Information (per 1/4 recipe):**
466 cal, 46 g protein, 10 g fat, 0 g sat. fat, 0 g trans fat, 49 g carb, 8 g fiber, 124 mg chol, 466 mg sodium. 1 serving equals: 1 fruit, 2 whole grain, 1.5 protein/dairy

Green Bean Medley with Carmelized Onions

4 cups fresh green beans, trimmed
1 T. olive oil
1 large onion, sliced lengthwise and then crosswise into thin rings
1 tsp. sugar

1 red bell pepper, sliced into ½” strips
½ tsp. salt
Freshly ground black pepper to taste
½ tsp. dried Italian seasoning (basil, thyme, oregano)

Cook green beans in boiling water for 4 minutes, and remove with a slotted spoon (see directions above). Warm oil in a large skillet over medium-high heat; add onions and sauté 3 minutes. Lower to medium heat, stir in sugar (to help the carmelization process); cook 2 minutes. Add red peppers; cook 3 minutes. Add green beans, salt, pepper, and Italian seasoning; cook 2 minutes until vegetables are crisp-tender.

**Nutrition Information (per 1/4 recipe):**
95 cal, 3 g protein, 4 g fat, 0.5 g sat. fat, 0 g trans fat, 15 g carb, 6 g fiber, 0 mg chol, 155 mg sodium. 1 serving equals: 3 vegetables, 1 fat

**Total Meal Nutrition Information (per 1/4 of each recipe):**
561 cal, 49 g protein, 14 g fat, 4.5 g sat. fat, 0 g trans fat, 64 g carb, 14 g fiber, 124 mg chol, 621 mg sodium. 1 serving equals: 3 vegetables, 1 fruit, 2 whole grain, 1.5 protein/dairy, 1 fat

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Shopping List

Produce Section
- 4 cups fresh green beans
- 1 large onion
- 1 red bell pepper

Dry Goods Section
- 8 oz. uncooked whole wheat linguine
- 1 cup whole wheat breadcrumbs (see tip #1)
- 2 cups lower-sodium marinara sauce (see tip #2)
- 3/4 tsp. dried Italian seasoning (basil, thyme, oregano)
- ¼ tsp. garlic powder
- 1 T. olive oil
- 1 tsp. sugar

Meat/ Dairy Section
- 1 lb. boneless, skinless chicken cutlets (see tip #3)
- 1/3 cup grated Parmesan cheese
- 1 egg
- 8 T. shredded part-skim mozzarella cheese

Smart Shopper Tip #1:
Whole wheat breadcrumbs can be purchased ready-made or prepared at home. If possible, look for whole wheat Panko breadcrumbs (such as Ian’s) because they provide an exceptionally crispy coating.

To prepare them at home, pulse stale or toasted whole wheat bread in the food processor. Store leftovers in the freezer.

Smart Shopper Tip #2:
Store-bought spaghetti sauce can be very high in sodium. Look for a brand with less than 20% Daily Value for sodium (such as Ragu Light Tomato Basil).

If you prefer to make your own, here is a quick recipe: Sauté 1 chopped onion and 3 garlic cloves in 1 T. olive oil over medium-high heat for 5 minutes. Add 1 (28 oz.) can of no-salt added crushed tomatoes, 1 (6 oz.) can of no-salt added tomato paste, 1/4 cup water, 1 tsp. dried Italian seasoning, 1/8 tsp. crushed red pepper, and 1/4 tsp. salt. Reduce heat to medium-low and simmer for 15 minutes. Store in the refrigerator for up to 4 days or freeze for up to 3 months.

Smart Shopper Tip #3:
Chicken cutlets are thinner cuts of meat and cook quickly and evenly. If you can’t find them, substitute boneless, skinless chicken breasts pounded down to 1/8 inch thickness. To pound them, place the chicken on a cutting board reserved for raw meat and cover with heavy duty plastic wrap. Use a meat mallet to pound the chicken to 1/8 inch thickness.