Chicken Parmesan
Serves 2

Ingredients:
• 2 egg whites
• 1 tsp dried oregano
• ½ teaspoon garlic powder
• 4 tsp paprika
• ½ tsp salt
• ½ tsp black pepper
• ½ cup breadcrumbs
• 4 Tbsp grated reduced-fat parmesan cheese
• ½ lb chicken breast
• 4 oz. whole-wheat or spinach pasta
• 1 cup low fat pasta/spaghetti sauce

Directions:
1. Beat egg whites until slightly frothy.
2. Mix breadcrumbs and 2 Tbsp parmesan cheese in a pie plate.
3. Dip chicken breasts in egg whites, then into breadcrumbs (coat both sides).
4. Bake chicken at 400 degrees F for about 12 minutes each side, or until chicken is no longer pink and breading is golden brown.
5. Top with pasta sauce (1/2 cup per serving) and remaining parmesan cheese (1 Tbsp per serving).