

Baked Chicken Parmesan

When I promise to make this for dinner, I can get my daughter to do anything, including cleaning her room. It is that good.

4 boneless, skinless chicken breast halves

1/2 cup fat free Italian dressing

1 cup seasoned bread crumbs

1 Tbsp. Italian seasoning

1 jar prepared pasta sauce, low sodium

1/2 cup grated parmesan cheese

Preheat oven to 350°F.

Combine bread crumbs and Italian seasoning blend in a bowl. Dip each chicken breast in bread crumbs, then dressing, then again into bread crumbs.

Bake for 30 to 40 minutes until juice run clear.

Top each chicken breast with 1/2 cup pasta sauce and 1 Tbsp. parmesan cheese. Serve with your favorite pasta.

Nutrition facts per serving. 420 calories, 10 g fat. 41 g. carbohydrates, 5.5 g fiber, 38 g. protein

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at <http://thefamilydinnerproject.org> for conversation starters.

