



Dinner: Baked Chicken Parmesan with Mixed Greens Salad and Whole Grain Bread

Chicken Parmesan*

4 oz grilled chicken breast

1/4 cup tomato sauce

1/4 cup shredded mozzarella cheese

Directions:

1. Top the grilled chicken breast with the tomato sauce and mozzarella. Bake at 350 degrees F until cheese is melted. Chicken should be cooked through when you assemble the dish, so baking it should just melt the cheese and warm up the meal.
2. Use 2 cups of your favorite mixed greens and top with 2 tablespoons of your favorite balsamic vinaigrette.
3. Complete the meal with 1 slice of your favorite whole grain bread.