



## **Guilt Free Italian Chicken Parmesan**

### **Ingredients**

Chicken Breast (Boneless)  
Bread Crumbs  
Pam Spray (Butter)  
Spaghetti Sauce (Favorite Ready-To-Use Variety)  
Parmesan Cheese, Grated  
Egg Whites  
Low Fat Mozzarella Cheese

### **Directions**

Beat 3 egg whites in a bowl and dip chicken in mixture. On a separate plate, pour some bread crumbs and evenly coat the chicken and place in a casserole dish that has been sprayed with butter flavored pam spray. Spoon spaghetti sauce over chicken and top with the parmesan cheese. Bake at 350 degrees for 30 minutes. If desired, top with low fat mozzarella cheese and bake for an additional 15 minutes. Serve with whole wheat pasta or salad.