

# Bruno's Chicken Parmesan



## Ingredients:

- 1 Tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Masterfoods Italian seasoning (or similar)
- Salt and Pepper to taste
- 4 boneless, skinless chicken breasts, approximately 115 grams each
- 650 gram jar of marinara or spaghetti sauce (low Sugar)
- 1/4 cup Parmesan or Romano cheese, grated (or a mixture of both)
- 4 X 30gram slices low fat mozzarella cheese

## Instructions:

Preheat oven to 180°C.

1. Heat 1 Tablespoon Vegetable Oil in a non stick frying pan.
2. Meanwhile, sprinkle garlic powder, Italian seasonings, and salt and pepper over chicken.
3. Add chicken to pan and brown on both sides until cooked almost all the way through. Be careful not to let it burn!
4. Remove chicken from frypan and place in a non stick casserole dish.
5. Cover with marinara/spaghetti sauce and sprinkle with grated Parmesan or Romano cheese.
6. Place one slice (30 gram) of low fat mozzarella cheese on top of each chicken breast.
7. Bake uncovered for 30 minutes, or until sauce bubbles.

Serve with fresh veggies and a green salad.

Makes 8 servings Per Serving: 158 calories, 13 grams protein, 8 grams total fat, 2 grams saturated fat, 9 grams carbohydrate, 1 gram fiber, 3 grams sugar

(note: sugar content will vary based on marinara or spaghetti sauce), 458 mg sodium

190mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.