



No-Harm Chicken Parm Casserole



1/4th of casserole: 271 calories, 9g total fat (4g sat. fat), 723mg sodium, 10g carbs, 2g fiber, 3g sugars, 35.5g protein

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Prep: 15 minutes **Cook:** 30 minutes

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Ingredients

- 1 cup canned crushed tomatoes
- 1 3/4 tsp. garlic powder
- 1 3/4 tsp. onion powder
- 1 tsp. Italian seasoning
- 1/4 cup whole-wheat panko breadcrumbs
- 3 tbsp. grated Parmesan cheese
- 1/2 tsp. each salt and black pepper
- 1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
- 2 tbsp. chopped fresh basil
- 3/4 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium bowl, combine crushed tomatoes with 1 tsp. each garlic powder, onion powder, and Italian seasoning. Mix well.

In another medium bowl, combine breadcrumbs with 1 tbsp. Parm, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/4 tsp. each salt and pepper. Mix well.

Evenly distribute chicken pieces into the baking pan. Sprinkle with remaining 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. each salt and pepper.

Evenly layer the following ingredients over the chicken: basil, seasoned tomatoes, 1/2 cup mozzarella, and remaining 2 tbsp. Parm.

Sprinkle with seasoned breadcrumbs and remaining 1/4 cup mozzarella.

Bake until entire dish is hot and bubbly and cheese has melted, about 30 minutes.

MAKES 4 SERVINGS

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