



Pan-Fried Chicken Parm



1/2 of recipe (1 cutlet): 258 calories, 6g total fat (4g sat. fat), 684mg sodium, 16.5g carbs, 7g fiber, 1g sugars, 38.5g protein

Prep: 20 minutes **Cook:** 15 minutes



Ingredients

1/2 cup Fiber One Original bran cereal
1 1/2 tsp. Italian seasoning, or more to taste
1/2 tsp. garlic powder, or more to taste
1/2 tsp. onion powder, or more to taste
1/8 tsp. salt, or more to taste
1/4 cup canned tomato sauce with Italian seasonings
1/4 cup fat-free liquid egg substitute
Two 4-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
1/2 cup shredded part-skim mozzarella cheese
Optional seasoning: black pepper

Directions

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl and mix in Italian seasoning, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and salt.

In a small bowl, mix tomato sauce with remaining 1/4 tsp. garlic powder and remaining 1/4 tsp. onion powder.

Place egg substitute in another wide bowl. One at a time, coat cutlets with egg, shake to remove excess, and coat with crumbs.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Lay coated cutlets in the skillet and cook for 4 minutes per side, or until chicken is cooked through.

Evenly spread sauce over chicken cutlets, still in the skillet. Sprinkle with mozzarella cheese.

Reduce heat to low and cover skillet. Cook until cheese has melted, 2 to 3 minutes. Enjoy!

MAKES 2 SERVINGS

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