



## 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

[Click for WW Points® value\\*](#)

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

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

