



Parm-Crusted Chicken



1/2 of recipe (1 cutlet): 261 calories, 7.5g total fat (2.5g sat fat), 435mg sodium, 7g carbs, 1g fiber, 1g sugars, 39g protein

Blue Plan (Freestyle™) SmartPoints® value 3*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup whole-wheat panko breadcrumbs
1/2 tsp. Italian seasoning
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
2 tbsp. + 2 tsp. grated Parmesan cheese
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Directions

In a wide bowl, combine breadcrumbs, all seasonings, and 2 tbsp. Parm. Mix well.

Place chicken in another wide bowl. Top with egg whites/substitute, and flip to coat.

One at a time, shake chicken cutlets to remove excess egg, and coat with breadcrumb mixture.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Serve topped with remaining 2 tsp. Parm.

MAKES 2 SERVINGS

HG Alternative: No whole-wheat panko? No problem. Just use traditional panko breadcrumbs, which have slightly less fiber.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.