



Sheet-Pan Chicken Parm



1/2 of recipe: 330 calories, 8g total fat (2.5g sat. fat), 653mg sodium, 21.5g carbs, 4.5g fiber, 5g sugars, 43g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 25 minutes



Ingredients

1/3 cup panko breadcrumbs
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. Italian seasoning
1/4 tsp. each salt and black pepper
Two 5-oz. raw boneless skinless chicken breast cutlets
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
3 cups broccoli florets
1/4 cup marinara sauce with 70 calories or less per 1/2-cup serving
1/4 cup shredded part-skim mozzarella cheese
Optional topping: grated Parmesan cheese

Directions

Preheat oven to 375°F. Spray a baking sheet with nonstick spray.

In a wide bowl, combine panko, garlic powder, onion powder, Italian seasoning, and 1/8 tsp. each salt and pepper. Mix well.

Place chicken in another wide bowl. Top with egg whites/substitute, and flip to coat. Coat chicken with seasoned panko. Place on the baking sheet, and top with any remaining panko.

Add broccoli to the baking sheet, and sprinkle with remaining 1/8 tsp. each salt and pepper. Bake until chicken is fully cooked and broccoli is tender, about 20 minutes, flipping halfway through.

Top chicken with sauce and mozzarella. Bake until cheese has melted, about 2 minutes.

MAKES 2 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.